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BULLETIN No. 18

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FOOD

A BALANCED DIET FOR THIRTY DAYS
WITH INSTRUCTIONS FOR PREPARATION

PREPARED UNDER THE DIRECTION OF THE

DIRECTOR OF HEALTH

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FOREWORD.

It is a well-known fact that an engine cannot operate successfully without proper fuel, such as coal, gasoline or oil. An engine is a mechanism designed to run on one particular fuel and uses that fuel from the time it is manufactured until it is worn out. The human body is a mechanism and performs mechanical work. It must have fuel just as the engine or it cannot perform the work for which is was designed. Inasmuch as the work of the human body varies in accordance with the intelligence of the individual, it cannot do its best work on one fuel alone as can an engine, which has no intelligence and which is designed for one particular type of work only.

Observations extending over a period of many years made by the Health Service and other scientific entities of the Government, and, lately, detailed studies and observations made by the sanitary commissions, have indicated that the majority of the Filipino people are undernourished. The quantity of food may be sufficient but the quality and variety is insufficient for the needs of the body. As a consequence the average inhabitant of the Philippines has a lowered vitality with practically no vital reserve to call upon in case of necessity. The result is that even trivial sickness renders him unable to follow his usual vocations or forces him to go to bed. This also means that tuberculosis, beriberi, and other diseases are much more prevalent than they would be did the people have sufficient vital reserve to prevent these diseases getting a foothold in their bodies. The most striking proof of the above is shown by the rapid physical development and gain in weight which the average recruit experiences when he enlists in the Philippine Scouts or Constabulary and receives the balanced diet, carefully designed to meet his body needs, that the United States and Philippine Governments furnish.

In order, then, to make available to very inhabitant of the Philippine Islands a diet which will meet the needs of the body, a model garden has been designed and at the time that this bulletin goes to print about 60,000 have been established. This garden was designed to furnish, practically without extra cost, such vegetables as, when added to the ordinary diet of fish and rice or fish and corn, will provide the elements necessary to produce a balanced diet.

This bulletin has been prepared to furnish menus for a period of thirty days. The menus for each day are different from those other days, so that constant variety of food is obtainable. If the menus herein contained are used every month of the year as outlined, the person using them will receive a sufficient quantity of a variety of foods with the qualities necessary to create the vital reserve so badly needed.

In addition to the physical benefits that will result to the user of these menus, economic benefits will also result, in that the cash outlay for food will be reduced by so much as garden products are used. This is a particularly advantageous feature during the present epoch of high prices. Further, should the garden be extended sufficiently, income can be derived from the sale of such vegetables as are in excess of family needs. *It is strongly urged, however, that family needs be first supplied before sales of products are made.* If every inhabitant of the Philippines will use the menus as herein outlined for a period of a year, not only will there be an enormous diminution in beriberi, tuberculosis, infant mortality, and other diseases directly or indirectly dependent upon faulty nutrition, but the user himself and his family will never again be able to return to the present insufficient diet which has become current through custom and indolence, and the returns received in better health and increased income will make for future progress and advancement.

It is desired to acknowledge in this connection the painstaking efforts of Assistant Surgeon J. H. Linson, of the United States Health Service, and of Miss Mabel F. Dobbs, Dietitian, Philippine Health Service, through whose thought and efforts this bulletin has been prepared.

J. D. LONG,
Director of Health.

A BALANCED DIET FOR THIRTY DAYS.

FOOD.

Any substance which when taken into the body serves to nourish or build up its tissues or to supply energy or heat may be properly called a food.

Foods may be classified according to their source, chemical composition or function.

SOURCES.

Each of the three great divisions of matter; the animal, vegetable and mineral kingdoms furnish food for man. Practically all the mineral foods occur as component parts of the animal and vegetable foods.

CLASSIFICATION.

Animal and vegetable foods are divided according to their chemical composition into proteids, carbohydrates, fats, water, and inorganic salts.

PROTEIDS.

The proteids, or body-builders, are substances composed of carbon, hydrogen, nitrogen, oxygen, and sulphur. They sometimes contain phosphorus and iron also. The more familiar forms of proteid are the lean of meat, the white of egg, the casein of milk and the gluten of flour. The legumes and certain of the cereals contain large quantities of proteid. In addition to supplying the material with which the body tissues are built or repaired proteids furnish fuel for the production of energy and heat. Proteids are absolutely essential for the maintenance of the body. A certain fairly definite amount of proteids is used daily in the various body processes. If the amount used is not replaced by other proteids the body suffers. This is not true of fats and carbohydrates which may be replaced by each other or by proteids.

CARBOHYDRATES.

Carbohydrates are composed entirely of carbon, hydrogen and nitrogen. The common carbohydrates are the sugars and starches. These are found in small amounts in lean meats but the principal sources of supply are fruits, cereals, legumes and other vegetables. Carbohydrates are the principal source of energy in the diet of all mankind. Any surplus assimilated may be stored in the body as fat for future use. The nitrogenous and mineral elements necessary for bone and muscle production do not occur in carbohydrates.

FATS.

Fats, like carbohydrates, are composed entirely of the chemical elements, carbon, hydrogen and oxygen,—but in different proportions. They are present in variable quantities in all animal and in many vegetable foods. The most important animal fats are found in milk and its products, cream and butter, various meats, poultry and fish. Vegetable fat is present in large amounts in various nuts, beans, corn, olives and cotton seed. The fats are great energy and heat producers. A given weight of fat will furnish nearly two and one-fourth times as much energy as the same weight of carbohydrates or protein. When more fat is assimilated by the body than is needed for immediate use it is stored in the form of the body fat as a reserve supply of heat and energy. Fats do not form bone or muscle tissue.

MINERALS.

Mineral matter or ash is that portion which remains after food is burned. The mineral foods supply the material necessary to build up the bones and teeth. They also aid digestion and regulate the body processes. Examples of mineral foods are various salts of calcium, magnesium, sodium, iron, phosphorus, etc. These are contained in small amounts in many fruit, vegetable and animal foods. The only mineral which is commonly, consciously added to the diet in large amounts is common salt.

WATER.

Water is contained in variable amounts in all foods. It constitutes about 60 per cent of the total weight of the body. Water assists digestion, serves as a medium for conveying food materials to the various parts of the body, and eliminating waste products and helps to regulate the body temperature.

FOOD GROUPS.

The various sources of food may be divided according to their principal constituents into four food groups.

1. Foods which furnish proteids.
2. Foods which furnish starches and sugars.
3. Foods which furnish fats.
4. Foods which furnish mineral matter, vegetable acids, etc.

Group 1.	Group 2.	Group 3.	Group 4.
Meat. Fish. Eggs. Chicken and other poultry. Shell fish. Mongos. Dried beans.	Rice. Camotes. Gabi. Bread. Mique and macaroni. Cakes. Candies. Molasses. Desserts. Fruits preserved with sugar.	Fork fat. Lard. Cocoanut. Pili nuts. Butter.	Vegetables. All greens as— Pechay. Mustard greens. Cancong. Lettuce. Ampalaya. Calabaza. Upo. Talong. Sitao. Batao. Cucumbers. Peppers. Patani.

ESSENTIAL OF FOOD.

A perfect food must contain all the nutritive elements of the body; proteids, carbohydrates, fats, minerals and water, in their proper proportions and in a modern bulk so that a sufficient amount of nutriment may be ingested daily. It must not be too concentrated but must contain a certain amount of unabsorbed material to act as intestinal ballast.

SELECTION.

The nearest approach to a perfect food for a human being is mother's milk. This supplies all the needs of the infant but since it is obviously impossible for a man to subsist upon milk for his entire lifetime he must necessarily select other foods. Various factors determine the selection of human foods. Of these perhaps the most important are availability and experience.

The child instinctively puts everything available into its mouth. It gradually learns, through experience, to distinguish the food substances in its immediate environment. In this process of education in food values it is aided by its parents who, in their turn, have the experience and learning of the human race from the beginning of time as their teacher.

APPETITE.

Appetite is a further aid in the selection of food. When the healthy body demands a certain kind of food the appetite may crave it. This is not an invariable rule because the appetite, unless properly trained, cannot be depended upon as a guide in the selection of food. This fact is especially apparent in persons suffering from nervous and digestive disturbances and in those who have never become accustomed to a properly proportioned diet. Those persons, however, who have been accustomed, since infancy, to an approximately correct diet can follow the demands of appetite with a certain degree of assurance.

VARIETY NECESSARY.

Since there is no single food available which will supply all the various needs of the body a mixed diet is essential. Each of the individual demands of the body must be met by its own particular kind of food and in approximately the correct amount. A food supply which contains all the essential food constituents in sufficient and proper quantities to maintain health constitutes a balanced diet. Each of the essential food constituents—proteids, carbohydrates, fats, minerals and water—has its own specific function in the body which can be accomplished only imperfectly or, in some cases, not at all, by any of the other foods. The lime salts of the teeth cannot be replaced with proteid nor can carbohydrates be substituted for the proteid of glandular tissue.

RESULT OF INSUFFICIENT DIET.

Variety in diet is not mere catering to pampered tastes—it is a physiological necessity. An individual deprived of any one or several of the essential constituents of a balanced diet cannot attain his highest development. He may exist for years after a fashion but he cannot enjoy life to its full because he is always subnormal. He is liable to be weak, listles, and lazy physically, and dull mentally. Or he may fall a prey to one of the numerous diseases caused by a defective diet. Among these diseases are anemia, scurvy, rickets, marasmus, acne, eczema, constipation, gout, and pellagra. But most important to the Filipino people because of its great prevalence in these islands is beriberi. Beriberi is thought to be caused by the absence of a substance called *vitamin* from the diet. This substance, which is originally present in the pericarp or bran of rice is removed by the process of polishing so that the poor Filipino, who, in his ignorance, prefers the polished rice deprives himself of an essential part of his food and opens the way for the development of the disease which may cause his death. This defect in vitamins may be remedied by simply using unpolished rice.

However a diet of rice and fish only, such as is common among the Filipino people, is not adequate for their best development, mentally or physically.

Many a poverty stricken Filipino runs his whole course of existence from the cradle to the grave without ever enjoying a "square meal." He may escape the diseases due primarily or secondarily to defective diet, of which tuberculosis and beriberi are the most common in these Islands, but he is never quite well—he is continually below par. The most striking proof that the average Filipino is undernourished is shown by the rapid physical development and gain in weight which the recruit experiences when he enlists in the Scouts or Constabulary. It is within the power of every Filipino who owns or can rent a few square meters of land to provide a balanced diet for himself and family at practically no cost and with comparatively little effort. This may be accomplished by planting a home vegetable garden.

FOOD VALUES.

In order to prepare a balanced diet one must know at least approximately the food value of each of the articles contained in the dietary. The value of a food depends upon its ability to supply the needs of the body by supplying new tissue, producing energy and regulating the body processes.

Proteids are utilized in building and repairing the body tissues while fats and carbohydrates furnish heat and energy for the vital processes. In order that food may be utilized by the body it is necessary that many complicated chemical changes take place in the course of which heat and energy are supplied.

The amount of heat and energy which a food is capable of producing is measured in terms of heat units and is known as the fuel value of the food.

The unit of heat is known as the calorie. A calorie is that quantity of heat which will raise the temperature of 1 kilogram of water, 1 degree Centigrade. This is approximately equivalent to raising the temperature of 1 pound of water 4 degrees Fahrenheit.

The following table shows the fuel value of the common food constituents under ordinary conditions:

Fats.—9 calories per gram, or 4,080 calories per pound.
Proteins.—4 calories per gram, or 1,820 calories per pound.
Carbohydrates.—4 calories per gram, or 1,820 calories per pound.

It is obvious that the fuel value of any food depends upon the amount of each food constituent that it contains.

AMOUNT OF FOOD REQUIRED.

The amount of food required by any individual depends upon his size, muscular activity, and rate of growth. Dr. C. F. Langworthy has shown that a man weighing 154 pounds (70 kilograms) of ordinary activity requires

100 grams of protein and sufficient fats and carbohydrates to make up 3,500 calories daily. The following table shows the factors used by the United States Department of Agriculture in computing food requirements:

Man at hard muscular work requirse 1.2 times the food of a man at moderately active muscular work.

Man at light muscular work and boy 15–16 years old require 0.9 the food of a man at moderately active muscular work.

Man at sedentary occupation, woman at moderately active work, boy 13–14, and girl 15–16 years old require 0.8 the food of a man at moderately active muscular work.

Woman at light work, boy 12, and girl 13–14 years old require 0.7 the food of a man at moderately active muscular work.

Boy 10–11 and girl 10–12 years old require 0.6 the food of a man at moderately active muscular work.

Child 6–9 years old requires 0.5 the food of a man at moderately active muscular work.

Child 2–5 years old requires 0.4 the food of a man at moderately active muscular work.

Child under 2 years old requires 0.3 the food of a man at moderately active muscular work.

The amounts given in this table are not strictly accurate for everyone as the individual variation in food requirement is very great. In many families, where the art of cooking is well developed, the number and variety of foods are so great that the appetite is often stimulated beyond the requirements of the body and more food is eaten than is necessary or desirable. Gluttony results in overdevelopment and overwork of the digestive apparatus with all its attendant diseases. The quantity of food necessary for health varies with the climate and season, clothing, occupation, work and exercise, age, sex, and body weight.

On the other hand an insufficient amount of food subjects the individual to many dangers by lowering his resistance to disease in addition to the actual weakness, disconfort, and missery which he necessarilv suffers as a direct result of lack of food.

The following table modified from "How to Live" by Fisher and Fisk shows, at a glance, the relative amounts of proteids, fats, and carbohydrates in the common foods.

Common foods classified.

VERY HIGH IN PROTEID.

Poor in fat.	Rich in fat.	Very rich in fat.
Whites of egg. Lean meat. Chicken. Veal.		
HIGH IN PROTEID.		
Shrimps. Crabs. Some fresh fish. Dried fish. Liver. Mongos. Garbanzos. Beans. Peas. Skim milk.	Most meats. Whole egg. Cheese. Salmon. Canned sardines. Soy bean. Sausages.	
MODERATE OR DEFICIENT IN PROTEIDS.		
Most vegetables. Bread. Camotes. Rice. Cornmeal. Mique. Tripe. Potatoes. Fruits. Sugar.	Peanuts. Milk. Cakes. Pies.	Fat meats. Yolks of eggs. Chocolate. Butter. Cocoanuts. Pili nuts. Cream.

Proteids constitute more than 40 per cent of the fuel value of those foods which are contained in the uppermost compartment of the table and labeled "very high in proteid." The foods in the next two compartments designated "high in proteid," contain 20 to 40 per cent, while the foods in the lowest three compartments contain from 0 to 20 per cent of proteid.

The compartment farthest to the right contains a list of those foods "very rich in fat." The two compartments at its left contain those "rich in fat," and the three compartments at the extreme left contain those "poor in fat."

The foods in the lower left compartment are very rich in carbohydrates. Those in the two adjoining compartments (beginning "shrimps" and "peanuts") contain moderate amounts of carbohydrate, while those in the three remaining compartments are poorest in carbohydrate.

The nearer the name of any food is to the upper corner of this triangular table, the more protein; the nearer it is to the right-hand corner, the more fat; and the nearer to the lower left-hand corner the more carbohydrate any given food contains.

The nearest approach to an ideal proportion of the three food elements is found in the middle compartment of the lowest row. It is not necessary nor advisable to confine the diet to the foods listed in that compartment provided foods chosen from the compartments balance each other. The combinations fruit and nuts, potatoes and cream, bread and butter afford a fair balance. Since this combination is too low in protein we obtain a better balance by adding something from the compartment above. The most common application of this is found in the ordinary egg, meat or cheese sandwich which constitutes, in itself, a fairly well balanced meal.

PREPARATION OF DIETARY.

It is obvious that no one cares to confine himself to a diet of sandwiches, even if it were practicable, so the dietitiant of the Health Service has prepared a dietary of thirty rations composed of products of the Philippine Islands or foods easily obtainable therein to serve as a basis upon which the Filipino people may construct their dietary. In the preparation of this dietary great care was exercised in order to meet the conditions of balance, palatability and economy. The prices quoted were those prevailing in Manila during October, 1917, and are necessarily approximate and subject to fluctuation.

Nutritious and tasty foods are not necessarily expensive and conversely high-priced foods may be neither delicious nor of high food value. Many people, in choosing their food, always select the most expensive because they think it must be the best. If these people will make a careful study of foods they will soon see the fallacy of this belief.

More attention should be devoted to the selection and cooking of foods. The choice and preparation of food which has a direct and important bearing upon their purse, health, and life is left to an ignorant muchacho by people who would not purchase a hair ribbon or a pair of sox without a personal inspection. Intelligent application of the principles of dietetics would improve the health and finances of many a resident of these Islands.

VEGETABLE GARDENS.

Since August, 1916, the Health Service has been conducting a campaign to induce the Filipino people to plant and tend home vegetable gardens. At its inception the main objectives of the plan were twofold; namely, to produce more and better food and to provide a physiologically balanced diet. Since the United States has declared war patriotism has been added as a third motive. Also the necessity of producing food at home has been enhanced.

In order that the gardeners might secure a balanced diet as the result of their labor the Health Service drew up a carefully prepared plan of a model garden, and prepared menus and recipes for cooking these vegetables in a practical manner so that the products of the garden may be made palatable as well as nutritious.

The following plan for a vegetable garden is recommended by the Health Service. The same plan may be used for any length of row desired. The proportions of the various vegetables have been carefully worked out and it is believed that they will meet the needs of the average family. It is desired to lay special emphasis upon the leguminous plants because they are the most important both from the standpoint of food value and economy.

Garden plan.

18 meters

1	Radishes, drills. Mustard, drills.	40 cm. rows.
2	Calabaza.	
3	Upo.	
4	Pechay. Lettuce.	
5	Tomatoes, hills, 75 cm. apart.	75 cm.
6	New Era cowpeas, drills.	75 cm.
7	New Era cowpeas, drills.	60 cm.
8	Corn, hills, 1 m. apart.	1 m.
9	Canadian Wonder beans, drills.	1 m.
10	Canadian Wonder beans, drills.	60 cm. rows
11	Peppers, 50 cm. apart. Okra, 60 cm.	
12	Eggplant, 60 cm. apart.	
13	Mongos.	
14	Cucumbers, Indian variety, hills 1.5 m.	1.5 m.
15	Sweet potatoes, 50 cm. apart in row.	1.5 m.
16	Sweet potatoes, 50 cm. apart in row.	1 m.
		1 m.

Scale—2 cm. = 1 m.

The row may be extended to any desided length to suit conditions.

FIRST DAY.

[With seasonings and lard.]

Breakfast:	Dinner:	Supper:
Sinangag. Fried egg. Bananas. Coffee with sugar.	Rice. Guinisa of— Pork. Tomato. Onion. Mongos.	Broiled fresh fish. Boiled camote. Cucumber salad. Rice.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Lard	14 grams (1 tablespoonful)	126	--------	--------	14	P0.02
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Egg	1 (Philippine)	60.08	5.12	--------	4.4	.04
Pork	80 grams (1 portion)	257.44	12.88	--------	22.88	.09
Mongos	do	264.28	14.64	49.99	.64	(a)
Fish	100 grams (1 portion)	96	20.4	--------	1.6	.05
Camote	150 grams (1 medium)	158.7	1.5	37.5	.3	(a)
Cucumber	100 grams (1 portion)	13.27	.50	2.39	.19	(a)
Bananas	100 (2 small)	88.1	1	19.9	.5	(a)
Tomato	45 (1 medium)	8.59	.3	1.6	.11	(a)
Onion	50 (one-half	23.09	.8	4.95	.01	(a)
Sugar	50 (1 tablespoonful)	60	--------	15.00	--------	.01
Total		2,668.9	86.39	477.38	45.98	.27

[a] Product can be grown in the home garden and the cost is not calculated.

NOTE.—A laboring man will probably desire more rice. This will increase the number of calories according to the increased amount of food.

SECOND DAY.

[With seasonings and lard.]

Breakfast:
- Rice.
- Beans.
- Fried camote with sugar.
- Coffee with sugar.

Dinner:
- Fried beef with onions.
- Onions.
- Tomato salad.
- Rice.

Supper:
- Rice.
- Guinisa of—
  - Shrimp.
  - Amargoso.
  - Lard.
- Salad of—
  - Radish.
  - Lettuce.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	P0.06
Beef	100 grams (1 portion)	194.9	19.7	--------	12.9	.10
Beans	do	317.2	15.8	59.9	1.6	(a)
Lard	28 grams (2 tablespoonfuls)	252.00	--------	--------	28	.04
Shrimps	75 grams (1 portion)	82.95	19.05	--------	.75	.05
Amargoso	100 grams (1 portion)	26.03	1.26	5.18	.03	(a)
Radish	50 grams (1 portion)	9.64	.41	1.82	.08	(a)
Lettuce	do	8.95	.45	1.45	.15	(a)
Tomato	100 grams (1 portion)	18.83	.99	3.20	.23	(a)
Sugar	45 grams (3 tablespoonfuls)	180	--------	45	--------	.02
Onion	100 grams (1 medium)	48.7	1.6	9.9	.3	(a)
Camote	do	105.8	1	25	.2	(a)
Total		2,758.35	89.51	497.50	45.59	.27

[a] Product can be grown in the home garden and the cost is not calculated.

THIRD DAY.

[With seasonings and lard.]

Breakfast:
Rice.
Boiled egg.
Coffee with sugar.

Dinner:
Beans.
Boiled camote.
Onion and lettuce salad.
Rice.

Supper:
Rice.
Boiled green corn.
Fried fish.
Banana and peanut salad.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Sugar	30 grams (2 tablespoonfuls)	120	--------	30	--------	P0.01
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Fish	100 grams (1 portion)	96	20.4	--------	1.6	.05
Beans	do	317.2	15.8	59.9	1.6	([a])
Bananas	100 grams (2 small)	88.1	1	19.9	.5	([a])
Lard	14 grams (1 tablespoonful)	126	--------	--------	14	.02
Egg	40 grams (1 Filipino)	60.08	5.12	--------	4.4	.04
Peanuts	50 grams	243.95	10.95	11	17.35	([a])
Green corn	100 grams (1 ear)	94.2	2.3	19.0	1	([a])
Onion	50 grams (one-half)	22.49	.8	4.8	.01	([a])
Lettuce	50 grams (1 portion)	8.95	.45	1.45	.15	([a])
Camote	100 grams (1 medium)	105.8	1	25	.2	([a])
Total		2,796.12	87.07	517.1	42.16	.18

[a] Product can be grown in the home garden and the cost is not calculated.

FOURTH DAY.

[With seasonings and lard.]

Breakfast:
Rice.
Tinapa.
Fried camote.
Coffee with sugar.

Dinner:
Guinisa of—
Shrimp.
Mongo.
Tomato.
Onion.
Lettuce salad.
Rice.

Supper:
Liver adobo.
Boiled talong.
Rice.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats	Cost.
Sugar	50 grams (1 tablespoonful)	60	--------	15	--------	₱0.01
Tinapa	30 grams (2 medium)	46.74	8.4	--------	1.46	.02
Camote	150 grams (1 large)	158.7	1.5	37.5	.3	(a)
Shrimp	75 grams (1 portion)	82.95	19.05	--------	.75	.05
Mongos	80 grams (1 portion)	264.02	14.44	49.99	.7	(a)
Tomato	50 grams (1 medium)	9.35	.49	1.6	.11	(a)
Onion	50 grams (½)	24.35	.8	4.95	.15	(a)
Lettuce	50 grams (1 portion)	8.95	.45	1.45	.15	(a)
Liver	100 grams (1 portion)	127.1	20.4	1.7	4.3	.10
Talong	100 grams (2 medium)	32.89	1.07	6.14	.45	(a)
Rice	450 grams (nearly ½ litre)	1,513.35	29.25	346.05	1.35	.06
Lard	28 grams (2 tablespoonfuls)	252	--------	--------	28	.04
Total		2,580.40	95.85	464.38	37.72	.28

[a] Product can be grown in the home garden and the cost is not calculated.

FIFTH DAY.

[With seasonings and lard.]

Breakfast:
- Papaya.
- Broiled fish.
- Pan de sal.
- Coffee with sugar.

Dinner:
- Shrimp with calabasa.
- Mustard greens with egg.
- Rice.

Supper:
- Sinigang of:
  - Fish.
  - Sitao.
  - Guavas.
- Fried Sabá.
- Rice.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Sugar	30 grams (2 tablespoonfuls)	120	--------	30	--------	₱0.01
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Fish	200 grams (2 portions)	192	40.8	--------	3.2	.10
Papaya	100 grams (1 portion)	20.69	1.09	3.70	.17	(a)
Shrimp	75 grams (1 portion)	82.95	19.05	--------	.75	.05
Calabasa	100 grams (1 portion)	46.51	1.33	9.33	.43	(a)
Mustard greens	do	28.75	2.06	4.43	.31	(a)
Egg	1 Philippine	60.08	5.12	--------	4.4	.04
Sitao	100 grams (1 portion)	42.18	2.65	7.49	.18	(a)
Sabá	100 grams (2 small)	88.1	1	19.9	.5	(a)
Rice	450 grams (nearly ½ litre)	1,513.35	29.25	346.05	1.35	.06
Lard	42 grams (3 tablespoonfuls)	578	--------	--------	42	.06
Total		2,771.33	108.03	462.74	54.25	.34

[a] Product can be grown in the home garden and the cost is not calculated.

SIXTH DAY.

[With seasonings and lard.]

Breakfast:
- Bananas.
- Omelet.
- Pan de sal.
- Coffee with sugar.

Dinner:
- Rice.
- Sarciado of—
  - Fish.
  - Tomato.
  - Onion.
  - Garlic.
- Salad of—
  - Peppers.
  - Lettuce.

Supper:
- Rice.
- Chicken with upo.
- Salad of—
  - Bananas.
  - Papaya.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost
Sugar	15 grams (1 tablespoonful)	60		15		₱0.01
Bananas	200 grams (4 small)	176.2	2	39.8	1	(a)
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Eggs	2 Philippine	120.16	10.24		8.8	.08
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Fish	100 grams (1 portion)	96	20.4		1.6	.05
Tomato	50 grams (1 medium)	9.35	.49	1.6	.11	(a)
Onion	50 grams (one-half)	24.35	.8	4.95	.15	(a)
Lettuce	50 grams (1 portion)	8.95	.45	1.45	.15	(a)
Peppers green	30 grams (1 portion)	15.17	1.64	1.68	.21	(a)
Chicken	100 grams (1 portion)	105.2	20.9		2.4	.10
Upo	do	16.17	.5	3.34	.09	(a)
Papaya	do	20.69	1.09	3.70	.17	(a)
Lard	42 grams (3 tablespoonfuls)	378			42	.06
Total		2,742.31	93.44	459.41	58.99	.38

[a] Product can be grown in the home garden and the cost is not calculated.

SEVENTH DAY.

[With seasonings and lard.]

Breakfast:
- Salabat.
- Sinangag.
- Broiled tapa or fresh beef.

Dinner:
- Rice.
- Oysters with onion.
- Crabs.
- Bananas.

Supper:
- Guinisa of—
  - Eggplant.
  - Tomato.
  - Pork.
  - Onion.
- Rice.
- Salad of—
  - Radish.
  - Tomato.
  - Onion.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Sugar	30 grams (2 tablespoonfuls)	120	--------	30	--------	₱0.01
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Beef	100 grams (1 portion)	194.9	19.7	--------	12.9	.10
Oysters	do	47.2	5.8	3.3	1.2	.03
Crab	75 grams (one)	64.66	12.07	.9	1.42	.08
Onion	50 grams (one-half)	24.35	.8	4.95	.15	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Eggplant	55 grams (1 medium)	18.13	.59	3.38	.25	(a)
Pork	100 grams (1 large portion)	321.8	16.1	--------	28.6	.09
Radish	50 grams (1 large)	9.64	.41	1.82	.08	(a)
Tomato	50 grams (1 small)	9.35	.49	1.6	.11	(a)
Total		2,411.48	86.21	411.90	46.56	.37

[a] Product can be grown in the home garden and the cost is not calculated.

EIGHTH DAY.

[With seasonings and lard.]

Breakfast:
- Bananas.
- Fried fish.
- Pan de sal.
- Coffee with sugar.

Dinner:
- Pechay with beef.
- Rice.
- Papaya.

Supper:
- Rice.
- Beans.
- Boiled eggplant.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	₱0.01
Fish	100 grams (1 portion)	96	20.4	--------	1.6	.05
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Pechay	100 grams (1 portion)	21.62	--------	4.64	.34	(a)
Beef	do	194.9	19.7	--------	12.9	.10
Papaya	do	20.69	1.09	3.70	.17	(a)
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Beans	100 grams (1 portion)	317.2	15.08	59.9	1.6	(a)
Eggplants	100 grams (2 small)	32.89	1.07	6.14	.45	(a)
Lard	21 grams (1½ tablespoonfuls)	189	--------	--------	21	.04
Total		2,732.47	93.99	497.17	40.87	.28

[a] Product can be grown in the home garden and the cost is not calculated.

NINTH DAY.

[With seasonings and lard.]

Breakfast:
- Sinangag.
- Tinapa.
- Coffee with sugar.

Dinner:
- Rice.
- Pinaksiw of—
  - Fish.
  - Vinegar.
  - Ginger.
- Salad of—
  - Tomato.
  - Onion.
  - Egg.

Supper:
- Rice.
- Bananas.
- Beans.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Sugar	15 grams (1 tablespoonful)	60		15		₱0.01
Lard	28 grams (2 tablespoonfuls)	252			28	.04
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Tinapa	30 grams (2 medium)	46.74	8.4		1.46	.02
Fish	100 grams (1 portion)	96	20.4		1.6	.05
Tomato	50 grams (1 medium)	9.35	.49	1.6	.11	(a)
Onion	50 grams (½)	24.35	.8	4.95	.15	(a)
Egg	1 Philippine	60.08	5.12		4.4	.04
Beans	100 grams (1 portion)	317.2	15.8	59.9	1.6	(a)
Bananas	200 grams (4 small)	176.2	2	39.8	1	(a)
Total		2,555.27	82.26	467.3	39.67	.22

[a] Product can be grown in the home garden and the cost is not calculated.

TENTH DAY.

[With seasonings and lard.]

Breakfast:
- Salabat.
- Fried eggs.
- Rice.
- Bananas.

Dinner:
- Rice.
- Guinisa of—
  - Pork.
  - Squash.
  - Tomato.
  - Onion.
- Peanuts.

Supper:
- Rice.
- Crab.
- Salad of—
  - Camote tops.
  - Squash tops.
  - Cancong tops.
  - Patani beans.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protain.	Carbohydrates.	Fats.	Cost.
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	₱0.01
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Lard	21 grams 1½ tablespoonfuls)	189	--------	--------	21	.04
Eggs	80 grams (2 Philippine)	120.16	10.24	--------	8.8	.08
Pork	100 grams (1 portion)	321.8	16.1	--------	28.6	.09
Squash	do	46.51	1.33	9.33	.43	(a)
Tomato	50 grams (1 small)	9.35	.49	1.6	.11	(a)
Onion	50 grams (½)	24.35	.8	4.95	.15	(a)
Peanuts	25 grams (shelled)	121.91	5.47	5.5	8.67	(a)
Crab	75 grams (1 whole)	64.66	12.07	.9	1.42	.08
Camote tops	50 grams (1 large portion)	26.93	1.15	5.11	.21	(a)
Squash tops	do	10.81	--------	2.32	.17	(a)
Cancong	do	15.98	2.13	1.82	.02	(a)
Patani	100 grams (1 large portion)	128.08	7.30	23.37	.6	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Total		2,740.99	87.33	435.85	72.03	.36

[a] Product can be grown in the home garden and the cost is not calculated.

ELEVENTH DAY.

[With seasonings and lard.]

Breakfast:
- Bananas.
- Tinapa.
- Pan de sal.
- Coffee with sugar.

Dinner:
- Rice.
- Guinisa of—
  - Beaf.
  - Lard.
  - Tomato.
  - Onion.
  - Patola.

Supper:
- Rice.
- Pinaksiw of—
  - Fish.
  - Vinegar, ginger, etc.
- Broiled tomatoes.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fates.	Cost.
Tinapa	30 grams (2 medium)	47.64	8.4	--------	1.46	₱0.02
Beef	100 grams (1 portion)	194.9	19.7	--------	12.9	.10
Fish	do	96	20.4	--------	1.6	.05
Lard	21 grams (1½ tablespoonfuls)	189	--------	--------	21	.03
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Onion	50 grams (½)	24.35	.8	4.95	.15	(a)
Patola	100 grams (1 portion)	20.69	.63	4.25	.13	(a)
Tomatoes	100 grams (2 medium)	18.83	.99	3.20	.23	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Total		2,450.68	86.85	435.19	40.28	.29

[a] Product can be grown in the home garden and the cost is not calculated.

TWELFTH DAY.

[With seasonings and lard.]

Breakfast:
Sausage with fried banana.
Pan de sal.
Salabat.

Dinner:
Rice.
Chicken with lettuce.
Salad of banana and peanut.

Supper:
Rice
Broiled fish.
Cucumber salad.
Papaya.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fates.	Cost.
Sausage	55 grams (1 medium)	237.7	6.9	.55	23.1	P0.04
Chicken	100 grams (1 portion)	105.2	20.9	--------	2.4	.10
Fish	do	96	20.4	--------	1.6	.05
Lard	14 grams (1 tablespoonful)	126	--------	--------	14	.02
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Sugar	15 grams (1 tablespoonful)	60	--------	15.00	--------	.01
Peanuts	50 grams (1 portion)	243.95	10.95	11	17.35	(a)
Bananas	200 grams (4 small)	175.2	2	39.8	1	(a)
Cucumbers	100 grams (1 portion)	13.35	.52	2.39	.19	(a)
Lettuce	50 grams (1 portion)	--------	.45	1.45	.15	(a)
Papaya	100 grams (1 portion)	20.69	1.09	3.70	.17	(a)
Total		2,800.16	98.14	461.78	62.27	.30

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[a] Product can be grown in the home garden and the cost is not calculated.

THIRTEENTH DAY.

[With seasonings and lard.]

Breakfast:
Papaya.
Scrambled eggs.
Rice.
Coffee with sugar.

Dinner:
Rice.
Guinisa of—
  Pork.
  Mongos.
  Onion.
  Tomato.
Boiled or roasted camote.

Supper:
Rice.
Fried fish.
Fried corn.
Sliced bananas.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Rice	450 grams (nearly ½ liler)	1,513.35	29.25	346.05	1.35	₱0.06
Eggs	80 grams (2 Philippine)	120.16	10.24	--------	8.8	.08
Pork	80 grams (1 medium portion)	257.44	12.88	--------	22.88	.09
Fish	100 grams (1 portion)	96	20.4	--------	1.6	.05
Lard	28 grams (2 tablespoonfuls)	252	--------	--------	28	.04
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Papaya	100 grams (1 portion)	20.69	1.09	3.7	.17	(a)
Mongos	80 grams (1 portion)	264.02	14.44	49.99	.7	(a)
Camote	100 grams (1 medium)	105.8	1	25	.2	(a)
Corn	100 grams (1 ear)	94.2	2.3	19	1	(a)
Onion	50 grams (one-half)	24.35	.8	4.95	.15	(a)
Tomato	50 grams (1 medium)	9.35	.49	1.60	.11	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Total		2,905.46	93.89	485.19	65.46	.33

[a] Product can be grown in the home garden and the cost is not calculated.

FOURTEENTH DAY.

[With seasonings and lard.]

Breakfast:	Dinner:	Supper:
Poached eggs on rice. Salabat.	Rice. Guinisa of— Beef. Onion. Tomato. Potato. Bananas.	Rice. Dried candole with upo. Boiled patani. Salad of— Lettuce. Onion.

Value of food necessary for one adult.

Foad.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Eggs	80 grams (2 Philippine)	120.16	10.24	--------	8.8	₱0.08
Rice	450 grams (nearly ½ liter)	1,573.35	29.25	346.05	1.35	.06
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Lard	28 grams (2 tablespoonfuls)	252	--------	--------	28	.04
Beef	100 grams (1 portion)	194.9	19.7	--------	12.9	.10
Dried fish	100 grams (1 good portion)	191.3	35	--------	5.7	.05
Potato	100 grams (1 large)	78.5	1.7	17.7	.1	.01
Lettuce	50 grams (1 portion)	8.95	.45	1.45	.15	(a)
Patani	100 grams (1 portion)	128.08	7.3	23.37	.6	(a)
Upo	do	16.17	.5	3.34	.09	(a)
Onion	50 grams (one-half)	24.35	.8	4.95	.15	(a)
Tomato	50 grams (1 medium)	9.35	.49	1.60	.11	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Total		2,685.21	106.43	433.36	58.45	.35

[a] Product can be grown in the home garden and the cost is not calculated.

FIFTEENTH DAY.

[With seasonings and lard.]

Breakfast:
- Sinangag.
- Cooked shrimps.
- Coffee with sugar.

Dinner:
- Rice.
- Guinisa of—
  - Chopped beef.
  - Upo.
  - Tomato.
  - Onion.
- Boiled camote.

Supper:
- Beans.
- Rice.
- Dulce of—
  - Banana.
  - Papaya.
- Grated coconut.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	₱0.06
Sugar	15 grams (1 tablespoonful)	60		15		.01
Shrimps	75 grams (1 portion)	82.95	19.05		.75	.05
Beef	100 grams (1 portion)	194.9	19.7		12.9	.10
Beans	do	317.2	15.8	59.9	1.6	(a)
Lard	14 grams (1 tablespoonful)	126			14	.02
Camote	100 grams (1 medium)	105.8	1	25	2	(a)
Cocoanut	50 grams (2 heaping tablespoonful).	294.28	3.37	13.95	25	(a)
Papaya	100 grams (1 portion)	20.69	1.09	3.7	.17	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Onion	25 grams (one-fourth)	14.11	.4	2.97	.07	(a)
Tomato	25 grams (one-half)	9.15	.25	.80	.55	(a)
Upo	100 grams (1 portion)	16.17	.5	3.34	.09	(a)
Total		2,842.7	91.41	490.61	57.18	.24

[a] Product can be grown in the home garden and the cost is not calculated.

SIXTEENTH DAY.

[With seasonings and lard.]

Breakfast:
- Fried liver.
- Fried camote.
- Coffee with sugar.

Dinner:
- Rice.
- Oysters.
- Scrambled eggs.
- Salad—
  - Tomato.
  - Lettuce.

Supper:
- Rice.
- Guinisa—
  - Shrimps.
  - Mongos.
  - Onion.
  - Tomato.
- Papaya.

Value of food necessary for one adult.

Food.	Amounts	Calories.	Pro-tein.	Carbo-hy-drates.	Fats.	Cost.
Liver	100 grams (1 portion)	127.1	20.4	1.7	4.3	₱0.10
Oysters	do	48.9	6	3.3	1.3	.03
Eggs	80 grams (2 Philippine)	120.16	10.24	--------	8.8	.08
Shrimps	75 grams (1 portion)	82.95	19.05	--------	.75	.05
Lard	42 grams (3 tablespoonfuls)	378	--------	--------	42	.06
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Mongos	80 grams (1 portion)	264.28	14.64	49.99	.64	(a)
Camote	100 grams (1 medium)	105.8	1	25	.2	(a)
Tomato	100 grams (2 medium)	46.22	.98	9.9	.3	(a)
Lettuce	50 grams (1 portion)	8.95	.45	1.45	.15	(a)
Onion	25 grams (one-fourth)	12.11	.4	2.47	.07	(a)
Papaya	100 grams (1 portion)	20.69	1.09	3.7	.17	(a)
Total		2,987.23	109.18	500.40	60.99	.41

[a] Product can be grown in the home garden and the cost is not calculated.

SEVENTEENTH DAY.

[With seasonings and lard.]

Breakfast:
- Broiled fresh fish.
- Pan de sal.
- Coffee with sugar.

Dinner:
- Guinisa—
  - Pork.
  - Sitao.
  - Talong.
  - Onion.
  - Tomato.
- Rice.
- Radishes with salt.

Supper:
- Rice.
- Guinisa—
  - Chopped beef.
  - Patani.
  - Tomato.
  - Onion.
- Boiled bananas.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Pro-tein.	Carbo-hy-drates.	Fats.	Cost.
Fish	100 grams (1 portion)	96	20.4	--------	1.6	₱0.05
Pork	80 grams (1 medium portion)	257.44	12.88	--------	22.88	.09
Beef	100 grams (1 portion)	194.9	19.7	--------	12.9	.10
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Lard	14 grams (1 tablespoonful)	126	--------	--------	14	.02
Sitao	100 grams (1 portion)	42.18	2.65	7.49	.18	(a)
Talong	50 grams (1 small)	16.38	.53	3.07	.22	(a)
Onion	100 grams (1 medium)	48.7	1.6	9.9	.3	(a)
Radish	50 grams (1 medium)	9.64	.41	1.82	.08	(a)
Tomato	do	9.35	.49	1.60	.11	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Patani	100 grams (1 portion)	128.08	7.30	23.37	.6	(a)
Total		2,788.84	101.89	470.04	55.68	.35

[a] Product can be grown in the home garden and the cost is not calculated.

[redacted]

EIGHTEENTH DAY.

[With seasonings and lard.]

Breakfast:
- Sinangag.
- Fried eggs.
- Papaya.
- Salabat.

Dinner:
- Rice.
- Guinisa of—
  - Shrimps.
  - Amargoso.
  - Onion.
  - Tomato.
- Boiled camote.

Supper:
- Pinaksiw of—
  - Fish, ginger, vinegar, etc.
  - Mustard greens with egg.
- Bananas.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Eggs	120 grams (3 Philippine)	180.24	15.36	--------	13.2	P0.12
Shrimp	75 grams (1 portion, shelled)	82.95	19.05	--------	.75	.05
Fish	100 grams (1 portion)	96	20.4	--------	1.6	.05
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Lard	48 grams (2 tablespoonfuls)	252	--------	--------	28	.04
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Amargoso	100 grams (1 portion)	26.03	1.26	5.18	.03	(a)
Onion	25 grams (one-fourth)	12.11	.4	2.47	.07	(a)
Tomato	25 grams (one-half)	9.15	.25	.80	.55	(a)
Camote	100 grams (1 medium)	105.8	1	25	.2	(a)
Mustard greens	100 grams (1 portion)	28.75	2.06	4.43	.31	(a)
Papaya	do	20.69	1.09	3.7	.17	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Total		2,475.17	91.12	422.53	46.73	.33

[a] Product can be grown in the home garden and the cost is not calculated.

NINETEENTH DAY.

[With seasonings and lard.]

Breakfast:
- Pan de sal.
- Tinapa.
- Bananas.
- Coffee with sugar.

Dinner:
- Rice.
- Sinigang of—
  - Fish.
  - Sitao.
  - Talong.
  - Tamarinds.
- Lettuce salad.

Supper:
- Rice.
- Chopped beef balls.
- Boiled green corn.
- Boiled gabi with coconut.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Tinapa	30 grams (2 fishes)	46.74	8.4	--------	1.46	₱0.02
Fish	100 grams (1 portion)	96	20.4	--------	1.6	.05
Beef	do	194.9	19.7	--------	12.9	.10
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Lard	14 grams (1 tablespoonful)	126	--------	--------	14	.02
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Sitao	100 grams (1 portion)	42.18	2.65	7.49	.18	(a)
Talong	50 grams (1 small)	16.38	.53	3.07	.22	(a)
Lettuce	50 grams (1 portion)	8.95	.45	1.45	.15	(a)
Gabi	100 grams (1 portion)	142.71	1.29	33.51	.39	(a)
Corn	100 grams (1 ear)	94.2	2.3	19	1	(a)
Coconut	50 grams (2 heaping tbspfuls)	294.28	3.37	13.95	25	(a)
Total		2,922.51	95.02	501.26	59.71	.28

[a] Product can be grown in the home garden and the cost is not calculated.

TWENTIETH DAY.

[With seasonings and lard.]

Breakfast:
- Bananas.
- Boiled eggs.
- Pan de sal.
- Coffee with sugar.

Dinner:
- Rice.
- Beef lung with onion tomato seasoning.
- Boiled camote.

Supper:
- Guinisa of—
  - Pork.
  - Onion.
  - Tomato.
  - Mongos.
- Rice.
- Salad—
  - Bamboo shoots.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Eggs	80 grams (2 Philippine)	120.16	10.24	--------	8.8	₱0.08
Beef lung	100 grams (1 portion)	94.4	16.4	--------	3.2	.05
Pork	80 grams (1 medium portion)	257.44	12.88	--------	22.88	.09
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Lard	28 grams (2 tablespoonfuls)	252	--------	--------	28	.04
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Camote	100 grams (1 medium)	105	1	25	.2	(a)
Mongo	80 grams (1 deciliter)	264.02	14.44	49.99	.7	(a)
Bamboo shoots	100 grams (1 portion)	28.5	1.76	4.24	.5	(a)
Tomato	50 grams (1 medium)	9.35	.49	1.60	.11	(a)
Onion	50 grams (one-half)	24.35	.8	4.95	.15	(a)
Totals		3,016.19	93.94	508.57	67.15	.35

[a] Product can be grown in the home garden and the cost is not calculated.

TWENTY-FIRST DAY.

[With seasonings and lard.]

Breakfast:
  Pan de sal.
  Chocolate.
  Sausage.
  Papaya.

Dinner:
  Rice.
  Chicken with upo.
  Salad—
    Radish and onion.

Supper:
  Rice.
  Shrimp with calabasa.
  Bananas.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Sausage	55 grams (1 medium)	237.7	6.9	.55	23.1	₱0.04
Chicken	100 grams (1 portion)	105.2	20.9	--------	2.4	.10
Shrimp	75 grams (1 portion shelled)	82.95	19.05	--------	.75	.05
Rice	450 grams (½ liter)	1,513.35	29.25	346.05	1.35	.06
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Lard	28 grams (2 tablespoonfuls)	252	--------	--------	28	.04
Papaya	100 grams (1 portion)	20.69	1.09	3.7	.17	[a]
Upo	do	16.17	.5	3.34	.09	[a]
Radish	50 grams (1 small)	9.64	.41	1.82	.08	[a]
Onion	50 grams (one-half)	24.35	.8	4.95	.15	[a]
Calabasa	100 grams (1 portion)	46.51	1.33	9.33	.43	[a]
Bananas	100 grams (2 small)	88.1	1	19.9	.5	[a]
Chocolate	12 grams (1 small cake)	69.69	1.5	3.21	5.65	.02
Total		2,705.07	88.41	449.69	63.63	.34

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[a] Product can be grown in the home garden and the cost is not calculated.

TWENTY-SECOND DAY.

[With seasonings and lard.]

Breakfast:
  Sinangag.
  Fried dried candole.
  Coffee with sugar.

Dinner:
  Rice.
  Guinisa—
    Beef.
    Garbanzos.
    Tomato.
    Onion.
  Salad—
    Lettuce.
    Tomato.

Supper:
  Champorado.
  Tuyu.
  Bananas.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Dried fish	100 grams (1 good portion)	191.3	35	--------	5.7	P0.05
Beef	100 grams (1 portion)	194.9	19.7	--------	12.9	.10
Tuyu	30 grams (2 fishes)	46.74	8.4	--------	1.46	.02
Lard	28 grams (1 tablespoonful)	252	--------	--------	28.00	.04
Sugar	30 grams (2 tablespoonfuls)	120	--------	30	--------	.01
Rice	450 grams (½ liter)	1,513.35	29.25	346.05	1.35	.06
Chocolate	12 grams (1 small cake)	69.69	1.5	3.21	5.65	.02
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Tomato	50 grams (1 medium)	9.35	.49	1.6	.11	(a)
Lettuce	50 grams (1 portion)	8.95	.45	1.45	.15	(a)
Onion	50 grams (one-half)	24.35	.8	4.95	.15	(a)
Garbanzos	100 grams (1 good portion)	305.88	19.94	55.9	.28	(a)
Totals		3,824.61	116.53	463.06	56.25	.30

(a) Product can be grown in the home garden and the cost is not calculated.

TWENTY-THIRD DAY.

[With seasonings and lard.]

Breakfast:	Dinner:	Supper:
Pan de sal.	Rice.	Rice.
Scrambled eggs.	Fried pork with—	Salad of—
Chocolate.	Onion.	Fish.
	Tomato.	Egg.
	Boiled camote.	Papaya.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Pork	80 grams (1 medium portion)	257.44	12.88	--------	22.88	P0.09
Fish	100 grams (1 portion)	96	20.4	--------	1.6	.05
Eggs	120 grams (3 Philippine)	180.24	15.36	--------	13.2	.12
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Rice	450 grams (½ liter)	1,513.35	29.25	346.05	1.35	.06
Chocolate	12 grams (1 small cake)	69.69	1.5	3.21	5.65	.02
Lard	14 grams (1 tablespoonful)	126	--------	--------	14	.02
Sugar	15 grams (1 teaspoonful)	60	--------	15	--------	.01
Camote	100 grams (1 medium)	105.8	1	25	.2	(a)
Onion	25 grams (one-fourth)	12.11	.4	2.47	.07	(a)
Tomato	25 grams (one-half)	4.65	.25	.80	.05	(a)
Papaya	100 grams (1 portion)	20.69	1.09	3.7	.17	(a)
Totals		2,644.69	87.81	438.07	60.13	.39

(a) Product can be grown in the home garden and the cost is not calculated.

TWENTY-FOURTH DAY.

[With seasonings and lard.]

Breakfast:
- Fried cornmeal mush.
- Boiled eggs.
- Coffee with sugar.

Dinner:
- Rice.
- Guinisa—
  - Pork.
  - Patani.
  - Tomato.
  - Onion.

Supper:
- Rice.
- Beans.
- Broiled tomatoes.
- Bananas.

Value of food necessary for one adult.

Food.	Amount	Calories.	Protein.	Carbohydrates.	Fats.	Cost.
Eggs	80 grams (2 Philippine)	120.16	10.24	--------	8.8	₱0.08
Pork	80 grams (1 medium portion)	257.44	12.88	--------	22.88	.09
Beans	100 grams (1 portion)	317.2	15.8	59.9	1.6	(a)
Sugar	15 grams (1 tablespoonful)	60	--------	--------	--------	.01
Lard	14 grams (1 tablespoonful)	126	--------	--------	14	.02
Rice	450 grams (½ liter)	1,513.35	29.25	346.05	1.35	.06
Corn meal	50 grams	169.25	3.7	36.7	.85	(a)
Patani	100 grams (1 portion)	128.08	7.30	23.37	.6	(a)
Tomato	100 grams (2 medium)	18.70	.98	3.2	.22	(a)
Onion	25 grams (one-fourth)	12.11	.4	2.47	.07	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Totals		2,810.39	81.55	506.59	50.87	.26

[a] Product can be grown in the home garden and the cost is not calculated.

TWENTY-FIFTH DAY.

[With seasonings and lard.]

Breakfast:
- Bananas.
- Pan de sal.
- Fried tinapa.
- Coffee with sugar.

Dinner:
- Rice.
- Pinaksiw—
  - Fish.
  - Ginger, etc.
- Boiled camote.

Supper:
- Rice.
- Guinisa—
  - Shrimp.
  - Patola.
  - Onion.
  - Tomato.
- Radishes.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fat.	Cost.
Tinapa	30 grams (2 fishes)	46.74	8.4	--------	1.46	₱0.02
Fish	100 grams (1 portion)	96	20.4	--------	1.6	.05
Shrimp	75 grams (1 shelled)	82.95	19.05	--------	.75	.05
Rice	450 grams (½ liter)	1,513.35	29.25	346.05	1.35	.06
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Lard	14 grams (1 tablespoonful)	252	--------	--------	28	.02
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Camote	100 grams (1 medium)	105.8	1	25	.2	(a)
Patola	100 grams (1 portion)	20.69	.63	4.25	.13	(a)
Onion	25 grams (¼)	12.11	.4	2.47	.07	(a)
Tomato	25 grams (½)	4.65	.25	.8	.05	(a)
Radishes	100 grams (2 medium)	19.28	.82	3.64	.16	(a)
Total		2,500.39	86.88	458.95	35.23	.23

[a] Product can be grown in the home garden and the cost is not calculated.

TWENTY-SIXTH DAY.

[With seasonings and lard.]

Breakfast:
- Bananas.
- Sinangag.
- Broiled fresh fish.
- Salabat.

Dinner:
- Rice.
- Sarciado—
  - Beef.
  - Tomato.
  - Onion.
- Salad—
  - Papaya.
  - Banana.

Supper:
- Rice.
- Sinigang—
  - Fish.
  - Sitao.
  - Guavas.
- Fried camote.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fat.	Cost.
Fish	200 grams (2 portions)	192	40.8	--------	3.2	₱0.10
Beef	100 grams (1 portion)	194.9	19.7	--------	12.9	.10
Rice	450 (½ liter)	1,513.35	29.25	346.05	1.35	.06
Lard	28 grams (2 tablespoonfuls)	252	--------	--------	28	.04
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Bananas	200 grams (4 small)	176.2	2	39.8	1	(a)
Tomato	50 grams (1 medium)	9.35	.49	1.6	.11	(a)
Onion	50 grams (½)	24.35	.8	4.95	.15	(a)
Papaya	100 grams (1 portion)	20.69	1.09	3.7	.17	(a)
Sitao	do	42.18	2.65	7.49	.18	(a)
Camote	100 grams (1 medium)	105.8	1	25	.2	(a)
Total		2,590.82	97.78	443.59	47.26	.31

[a] Product can be grown in the home garden and the cost is not calculated.

TWENTY-SEVENTH DAY.

[With seasonings and lard.]

Breakfast:
- Bananas.
- Poached eggs on rice.
- Coffee with sugar.

Dinner:
- Rice.
- Guinisa—
  - Pork.
  - Mongos.
  - Tomato.
  - Onion.
- Salad—
  - Eggplant.
  - Tomato.

Supper:
- Rice.
- Fried liver with fried onions.
- Salad—Cucumber.

Value of food necessary for one adult.

Food.	Amount.	Calories.	Protein.	Carbohydrates.	Fat.	Cost.
Eggs	80 grams (2 Philippine)	120.16	10.24	--------	8.8	P0.08
Pork	80 grams (1 medium portion)	257.44	12.88	--------	22.88	.09
Liver	100 grams (1 portion)	127.1	20.4	1.7	4.3	.10
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Lard	14 grams (1 tablespoonful)	126	--------	--------	14	.02
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Mongos	80 grams (1 portion)	264.02	14.44	49.99	.7	(a)
Tomato	100 grams (2 medium)	9.35	.49	1.60	.11	(a)
Onion	100 grams (1 medium)	24.35	.8	4.95	.15	(a)
Eggplant	100 grams (2 medium)	32.89	1.07	6.14	.45	(a)
Cucumbers	100 grams (1 portion)	13.35	.52	2.39	.19	(a)
Total		2,636.11	91.09	447.72	53.43	.36

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[a] Product can be grown in the home garden and the cost is not calculated.

TWENTY-EIGHTH DAY.

[With seasonings and lard.]

Breakfast:
- Pan de sal.
- Omelet.
- Bananas.
- Chocolate.

Dinner:
- Rice.
- Chopped beef balls.
- Boiled camote.
- Papaya.

Supper:
- Rice.
- Guinisa—
  - Shrimp.
  - Amargoso.
  - Tomato.
  - Onion.
- Salad—Lettuce

Value of food necessary for one adult.

Foods.	Amounts.	Calories.	Pro-tein.	Carbo-hy-drates.	Fat.	Cost.
Beef	100 grams (1 portion)	194.9	19.7	--------	12.9	₱0.10
Eggs	80 grams (2 Philippine)	120.16	10.24	--------	8.8	.08
Shrimp	75 grams (1 portion, shelled)	82.95	19.05	--------	.75	.05
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Lard	28 grams (2 tablespoonfuls)	252	--------	--------	28	.04
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Chocolate	12 grams (1 small cake)	69.69	1.5	3.21	5.65	.02
Camote	100 grams (1 medium)	105.8	1	25	.2	(a)
Papaya	100 grams (1 portion)	20.69	1.09	3.7	.17	(a)
Amargoso	do	26.03	1.26	5.18	.03	(a)
Tomato	25 grams (one-half)	4.65	.25	.80	.05	(a)
Onion	50 grams (one-half)	24.35	.8	4.95	.15	(a)
Lettuce	50 grams (1 portion)	8.95	.45	1.45	.15	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Total		2,770.34	91.27	467.08	59.66	.38

[a] Product can be grown in the home garden and the cost is not calculated.

TWENTY-NINTH DAY.

[With seasonings and lard.]

Breakfast:
- Papaya.
- Pan de sal.
- Beans.
- Fried camote.
- Salabat.

Dinner:
- Rice.
- Guinisa—
  - Shrimp.
  - Tomato.
  - Onion.
  - Squash.
- Salad—
  - Lettuce.
  - Cucumber.

Supper:
- Torta—
  - Egg.
  - Beef.
  - Tomato.
  - Onion.
- Boiled bananas.

Value of food necessary for one adult.

Fopds.	Amount.	Calories.	Pro-tein.	Carbo-hy-drates.	Fat.	Cost.
Beans	100 grams (1 medium)	317.2	15.8	59.9	1.6	(a)
Shrimp	75 grams (1 portion, shelled)	82.95	19.05	--------	.75	₱0.05
Beef	50 grams (½ portion)	97.45	9.85	--------	6.45	.05
Eggs	80 grams (2 Philippine)	120.16	10.24	--------	8.8	.08
Pan de sal	80 grams (1 large)	198.72	5.68	41.84	.96	.02
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Lard	28 grams (2 tablespoonfuls)	252	--------	--------	28	.04
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Papaya	100 grams (1 portion)	20.69	1.09	5.7	.17	(a)
Camote	100 grams (1 medium)	105.8	1	25	.2	(a)
Tomato	50 grams (1 medium)	9.35	.49	1.6	.11	(a)
Onion	50 grams (one-half)	24.35	.8	4.95	.15	(a)
Squash	100 grams (1 portion)	46.51	1.33	9.33	.43	(a)
Lettuce	50 grams (1 portion)	8.95	.45	1.45	.15	(a)
Cucumber	100 grams (1 portion)	13.35	.52	2.39	.19	(a)
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Total		2,958.93	96.55	531.11	49.81	.31

[a] Product can be grown in the home garden and the cost is not calculated.

THIRTIETH DAY.

[With seasonings and lard.]

Breakfast:
- Bananas.
- Fried eggs.
- Pan de sal.
- Coffee with sugar.

Dinner:
- Rice.
- Guinisa of—
  - Mongos.
  - Pork.
  - Tomato.
  - Onion.
- Salad of—
  - Sitao.
  - Onion.

Supper:
- Rice.
- Fried fish.
- Fried tomatoes.
- Boiled camote.
- Papaya.

Value of food necessary for one adult.

Foods.	Amount.	Calories.	Protein.	Carbohydrates.	Fat.	Cost.
Eggs	80 grams (2 Philippine)	120.16	10.24	--------	8.8	₱0.08
Pork	80 grams (1 medium portion)	157.44	12.88	--------	22.88	.09
Fish	100 grams (1 portion)	96	20.4	--------	1.6	.05
Rice	450 grams (nearly ½ liter)	1,513.35	29.25	346.05	1.35	.06
Pan de sal	80 grams (1 large)	198.72	5.60	41.84	.96	.02
Lard	28 grams (2 tablespoonfuls	252	--------	--------	28	.04
Sugar	15 grams (1 tablespoonful)	60	--------	15	--------	.01
Bananas	100 grams (2 small)	88.1	1	19.9	.5	(a)
Mongos	80 grams (1 portion)	264.02	14.44	49.99	.7	(a)
Tomato	100 grams (2 medium)	18.70	.98	3.20	.22	(a)
Onion	100 grams (1 medium)	48.7	1.6	9.9	.3	(a)
Sitao	100 grams (1 portion)	42.18	2.65	7.49	.18	(a)
Camote	100 grams (1 medium)	105.8	1	25	.2	(a)
Papaya	100 grams (1 portion)	20.69	1.09	3.70	.17	(a)
Total		3,085.86	101.21	522.07	65.86	.35

[a] Product can be grown in the home garden and the cost is not calculated.

PREPARATION OF FOODS FOR THE TABLE.

Vegetables and cereals constitute the bulk of the food of mankind. Their value as foods both in regard to nutrition and palatability depends directly upon the skill and thoroughness used in their preparation for the table. To produce the best result all vegetables should be thoroughly cooked.

Vegetables may be baked, roasted, fried or boiled and used as ingredients in a great variety of dishes. In general the simpler the method used in cooking and serving vegetables the better.

Properly grown and well cooked vegetables are palatable and readily digestible. Badly cooked, water-soaked vegetables often cause disturbances of digestion.

All vegetables should be crisp and firm when put on to cook. Always procure the freshest that you can. If you are obliged to use vegetables which have lost their freshness, soak them in cold water until they become plump and crisp. This may take hours in old vegetables.

Thoroughly clean all vegetables before putting them on to cook. When they are cooked perfectly soft, drain them thoroughly. If allowed to remain in the water they soon become water-soaked and unpalatable.

Green vegetables should always be boiled uncovered in order to preserve their color.

There is always a certain amount of unavoidable waste in preparing vegetables for the table. Care should be exercised in removing inedible portions in order to keep this waste as low as possible.

THE LEGUMES.

Next to the cereals the legumes are the most important food crops in the world. On every continent and in every country some member of the bean family is an important article of diet.

In Mongolia, the soy bean, in India, the lentil, in Mexico, the garbanzo are popular while in the United States and Northern Europe the different varieties of the kidney bean find most favor. No country confines itself to a single variety however.

The great food value of the legumes has been recognized for ages. They have been called the "meat of the poor." The Hindu proverb, "Rice is good, but lentils are my life," illustrates the high esteem in which legumes are held in India. Baked beans is a dish enjoyed by most of us.

Modern science has proven the ancient beliefs. Whether eaten green or in the ripened state their food value is very great. According to analyses by the United States Bureau of Agriculture the different varieties of green beans and peas as sold on the market contain from 2.3 to 9.4 per cent of protein, 0.3 to 0.7 per cent of fat and 3.8 to 29.1 per cent of carbohydrates. The same vegetables when fully ripe contain from 18.1 to 34 per cent of protein, 1.0 to 16.8 per cent of fat and 33.7 to 65.9 per cent of carbohydrates. Those varieties which have a high fat content contain less carbohydrates and vice versa.

The energy producing or heating value of legumes ranges from 95 to 740 calories per pound when green and from 1,590 to 1,970 calories per pound when mature. Their food value averages higher than that of any other class of food except the fats. In fact their high caloric value is due in part to the presence of fat.

The constituent of prime importance to the Filipino people is protein. In a country where the poor are often unable to obtain meat or eggs but must rely upon fish and vegetables the legumes are an exceedingly important part of the dietary. The presence of vitamins in abundance makes valuable in the prevention and treatment of nutritional diseases such as beriberi.

There are many varieties of legumes which grow readily in the Philippine Islands. Three of these have been incorporated into the model garden, viz: Canadian Wonder Beans, New Era Cowpeas, and the common Philippine mongo. From these and the many other varieties adapted to this climate it should be an easy matter for the Filipino gardener to select seed suitable for his particular use.

There are many reasons why the legumes occupy the foremost place in the home vegetable garden. A few of the most important are:

Their great food value.
Their high protein content.
Their richness in vitamins.
Their great variety and ease of production.

When properly cooked the legumes are among the most delicious of foods. Whether eaten green or dry they are one of the toothsome as well as nutritious additions to our diet.

A few simple recipes for preparing legumes are given. These are only a few of the many delicious dishes that may be prepared from these foods.

GREEN BEANS, PLAIN.

1 liter beans.	1 generous tablespoonful butter.
$\frac{1}{4}$ liter water.	1 level teaspoonful salt.

String the beans if necessary and cut them into 2-inch lengths. Drain and put in the saucepan with the water, salt, and butter. Cook for ten minutes over a hot fire, turning the contents of the saucepan from time to time. Serve very hot. If the beans are not tender it may take fifteen minutes to cook them, but under all circumstances be careful not to overcook, as this ruins the flavor. If overcooked, green beans become yellow or brown.

GREEN BEANS BOILED WITH PORK.

Boil about a quarter of a pound of pork for five hours. Have the beans free from strings and cut about 2 inches long. Cook them with the pork until tender (about half an hour).

DRIED BEANS.

All dried beans require the same preliminary treatment, no matter how they are to be finally cooked and served. Look them over carefully to remove all dirt and pebbles, then wash clean. Soak them overnight in plenty of cold water. In the morning pour off the water and put them in a cawali with cold water enough to cover them generously. Let them come to the boiling point in this water, then drain.

BOILED BEANS.

Soak the required amount of beans over night in cold water. The next morning cover them with fresh cold water. Put on the stove and gradually bring them to the boiling point, then cook slowly for several hours until the beans are done. Drain and season, or

After the beans are cooked as in the previous recipe, fry a chopped onion and a few tomatoes in the cawali. Add salt and pepper to taste and one cupful of water or broth. Boil all together well and lastly add the beans. Heat all well and serve with boiled rice.

DRIED BEANS SAUTE.

Cook the beans until tender, but not broken. Drain off the water and save it for soup. For 1 liter of beans put 3 tablespoonfuls of fat in a large-bottomed stewpan. When the fat is hot put in the drained beans, which have been seasoned with a tablespoonful of salt and half a teaspoonful of pepper. Cook over a hot fire for fifteen minutes, frequently turning the beans with a fork. Cover and let them cook for half an hour where they will not burn. If the beans are liked moist add a cupful of meat broth, milk, or water before putting them to cook for the last half hour.

DRIED BEANS WITH SAUCE.

The well-cooked and drained beans may be moistened with any good sauce and cooked for half an hour.

BAKED BEANS.

Cook the dried beans gently until the skins begin to break, then drain off the water. Put a layer of beans in a bean pot or deep earthen dish, and on this layer, in the center of the dish, place a piece of salt pork ("streak of fat and streak of lean") having the rind side up, using for 1 liter of beans a half pound of pork; the rind should be scored. Fill up the dish with the beans, and add seasonings and water to cover the beans. The simplest seasoning is 1 tablespoonful of salt and half a teaspoonful of pepper to a quart of beans. Mix the salt and pepper with the water. If liked, a tablespoonful of mustard may be added as well as a tablespoonful or more of molasses and onion. Instead of the pork a piece of salt or fat beef or mutton may be employed. In this case there should be from 1½ to 2 pounds of the meat per quart of beans. If fresh meat be used, add more salt to the beans. If, on the other hand, salt meat is used, probably 1 teaspoonful of salt will be enough.

When mutton is employed trim off every particle of the skin.

Bake the beans in a very moderate oven for eight or ten hours. Add a little boiling water from time to time, but never enough to bring the water beyond the top of the beans. Any kind of bean may be baked in this manner. However, the small pea bean is the best for "Boston baked beans." The Lima and large white beans are best for the deep earthen dish. Do not cover the beans while baking.

GREEN PEAS, BOILED.

Ingredients.—Green peas, salt and pepper (pork fat, if desired).

Method.—Shell the peas, put them into boiling water, add a little salt and boil with the palayok uncovered, from 10 to 25 minutes according to the age of the peas. Drain well and put into a vegetable dish. Season with pepper and a little pork fat, if desired.

GREEN PEAS AND LETTUCE.

Ingredients.—1 liter of peas, lettuce, 4 tablespoonfuls of lard, pepper and salt, 1 egg, ½ teaspoonful of sugar.

Method.—Shell the peas and cut the lettuce into strips, put into a palayok with lard, pepper, salt and a very little water. Cook very slowly for about an hour, then add the beaten egg and sugar.

PEAS WITH PORK.

Ingredients.—One liter of peas, small piece of pork (⅛ of a kilo), 1 tablespoonful of lard, ½ cup of water, 2 small onions, pepper.

Method.—Cut the pork into small pieces. Put the lard into the cawali and over the fire. When the lard is melted, add the pork and cook gently until a light brown and add water, peas, onion and pepper. Cook until the vegetables are soft.

SITAO, PLAIN BOILED.

Remove the ends and strings and cut the bean into one inch pieces. Wash well and cook in salted boiling water until soft. Drain and season with a little lard or oil. Cook sitao in as little water as possible. Select fresh sitao that will snap easily.

MONGO SPROUTS SALAD.

Ingredients.—Mongo sprouts, onion, salt, pepper and vinegar.

Method.—Boil the mongo sprouts until tender. Drain and put on a plate. Mix them with chopped onion, salt, pepper and vinegar.

MAIZE OR INDIAN CORN.

Next after wheat and rice, maize or Indian corn is the most important cereal food of mankind. Since its introduction into Europe it has enjoyed great and ever-increasing popularity until at the present time its distribution is almost world wide and it forms the basis of the diet of a large proportion of the human race.

Maize may be eaten either green or fully matured. When eaten green, just between the milk and the dough state, it is delicious. Its food value is considerable being about 460 calories per pound divided as follows: Ash 0.7 per cent, fat 1.1 per cent, protein 3.1 per cent, carbohydrates 19.7 per cent, and water 75.4 per cent.

Green corn is easily preserved for future use either by canning or drying.

Maize finds its most extensive use in the dried or ripened state. It compares very favorably with the other staples, wheat and rice, in food value. Pound for pound it furnishes more energy than either of them because of its higher fat content which constitutes 4.3 per cent. Protein makes up 10 per cent, carbohydrates 73.4 per cent, ash 1.5 per cent and water 10.8 per cent. It produces 1,685 calories per pound as compared with 1,625 per pound of wheat and 1,620 per pound of rice.

Maize parched or in the form of corn meal has almost endless possibilities in the diet. Whether simply boiled with salted water to make mush or made into corn bread, griddle cakes, pone, pudding or cake, or fried and eaten with syrup it is a very palatable, nutritious, and easily prepared dish.

Filipinos who are accustomed to a diet of rice and fish will find maize in its various forms a very valuable addition to their diet. It will furnish them with more protein and fat than they are accustomed to take and which most of them need badly.

The ease with which maize is grown in the Philippines should place it within the reach of all.

BOILED GREEN CORN.

Remove the husks and silk from ears of young corn. Have a kettle of water boiling hard. Add the corn and boil for 10 minutes.

FRIED CORN.

Ingredients.—Boiled corn, salt, pepper, and lard.

Method.—Cut the corn from the ears with a sharp knife. Fry in a cawali and season with salt and pepper.

CORN MEAL MUSH.

Use four times as much water as corn meal. Salt the water, and sprinkle in the meal very slowly when the water is boiling. Boil an hour or more, stirring frequently. Eat with milk, cream and sugar, syrup, or butter.

FRIED MUSH.

Wet a dish in cold water, pour in the hot mush and allow to cool. Cut into slices and fry in lard or other fat.

HOE CAKE.

1 liter of corn meal, 1 teaspoonful of salt. Pour on this 1 scant liter of boiling water. Mix well and make into thin cakes. Heat enough fat in a cawali to nearly cover the cakes and fry brown on both sides.

CORN PONE.

Four cupfuls of corn meal, 1 teaspoonful of salt, 1 tablespoonful of lard and water to make a soft dough. Mould into thin oblong cakes and bake quickly.

ASH CAKE.

One-half liter corn meal, 1 teaspoonful salt, 2 teaspoonfuls lard, boiling water. Scald the meal, using just enough boiling water to moisten. Add salt and lard, cool, form into flat cakes, wrap in banana or cabbage leaves and cover with hot ashes.

INDIAN CORN BREAD.

Two cups corn meal, 1 cup water, 1 teaspoon salt, ⅛ teaspoon cayenne pepper, 1 cup chopped suet or pork fat. Mix well together; form into rolls, wrap in corn husks, drop into boiling water and cook for one hour.

RHODE ISLAND JOHNNY CAKE.

One cupful of corn meal to ½ cupful of milk, a pinch of salt. Fry or bake.

CORN WITH COCOANUT.

Kernels of corn may be soaked in cold water, then boiled soft in salted water and eaten with cocoanut.

CAMOTE.

The camote or sweet potato is one of the most valuable food crops grown in the Philippine Islands. Because of its richness in carbohydrates its fuel values is very great. The sweet potato fills a place all its own and in addition is an excellent substitute for rice. Camotes may be baked, boiled or fried or used in mixed dishes. Baking brings out the best flavor.

BAKED.

Clean the camotes thoroughly and bake in a hot oven or in the ashes. Small camotes will bake in half an hour. Large ones will require an hour or longer.

BOILED.

Wash the camotes well to remove all dirt. Put into a palayok and cover with boiling water. Cook until soft. Drain very dry. The camotes may be peeled before serving, is desired.

FRIED.

Ingredients.—Camotes, lard, sugar.

Method.—Wash and peel the camotes. Slice them in quarter inch slices and fry in lard in a cawali until brown on both sides. Sprinkle with sugar; or

Slice cold baked or boiled camotes and fry in lard until brown.

RICE.

Rice, the staple food of the Philippines, is so well known that it requires no comment. It is all important that the unpolished rice be used in order to conserve the valuable vitamines and so avoid beriberi.

RICE DISHES.

SINANGAG.

Ingredients.—Cold boiled rice, lard and garlic.

Method.—Melt the lard in the cawali and when hot fry a small piece of garlic. When the garlic is soft, add the rice. Stir occasionally to prevent scorching. Cook until it is light brown and serve.

CHAMPORADO.

Ingredients.—One-half cupful of rice, 2 pieces of chocolate, 2½ tablespoonfuls of sugar and 2½ cupfuls of boiling water.

Method.—Wash the rice thoroughly in many waters until the last water becomes clear. Boil the water in a palayok and sprinkle the rice in the boiling water. Let it boil but stir occasionally to prevent the rice from sticking to the bottom. When the rice is half cooked, add the shaved chocolate. Continue cooking until the rice is very soft.

The remaining succulent vegetables as tomato, okra, pepper, squash, onion, eggplant, cucumber, radish, lettuce, etc., are valuable principally for the variety and tastiness which they add to the dietary and for the mineral substances which they contain.

TOMATOES.

BROILED.

Cut large, firm tomatoes in half. Place them on a broiler, skin side up and cook for about 15 minutes over clear coals.

SALAD.

Scald, drain, and peel the tomatoes. When cold cut into slices. Arrrange them on a dish, sprinkle with salt and pepper and add vinegar. Oil may be added if desired.

TOMATO AND ONION SALAD.

Ingredients.—Six sliced tomatoes, 1 large onion, salt, pepper, and vinegar.

Method.—Peel the onion and chop into coarse pieces. Sprinkle over sliced tomatoes, add salt, pepper, and vinegar; or

Sliced onions may be alternated with sliced tomatoes.

FRIED TOMATOES WITH ONIONS.

Slice onions and green tomotoes thin and fry in lard.

FRIED TOMATOES AND PEPPERS.

Ingredients.—Six green peppers, 3 tomatoes, minced onion, 1 clove of garlic, salt and pepper.

Method.—Seed and cut into strips the peppers and slice the tomatoes. Peel and mince the onion. Fry all in lard with a clove of garlic.

TOMATOES AND OKRA.

Ingredients.—Two cupfuls of okra, 1 cupful of cut tomatoes, 1 tablespoonful lard and salt.

Method.—Wash the okra and cut into thin slices and add to the tomatoes. Cook gently until tender. Add lard, salt and pepper. If the tomatoes are not juicy enough a cup of cold water should be added.

PEPPERS.

FRIED.

Remove the stems and seeds of the peppers, cut into rings and soak for half an hour in cold water. Drain, dry and dip in rice flour seasoned with salt. Fry in deep fat.

SALAD.

Ingredients.—Sliced onions, seeded and sliced peppers, lettuce leaves, vinegar, salt, and pepper.

Method.—Mix the onions and peppers and serve on lettuce. Add salt, pepper, and vinegar.

PEPPERS WITH RICE.

Ingredients.—Six peppers, 1 onion, 1 cupful of broth, 2 cupfuls boiled rice, lard, and salt.

Method.—Cut the stems from the peppers, remove the seeds and cut crosswise in thin strips. Soak in cold salted water for about twenty minutes. Remove from the water and chop. Fry in a cawali with the chopped onion. Add the broth and stir in the rice. Add salt. Cover and cook for about 10 minutes.

SQUASH.

BOILED.

Peel, remove seeds and cut the squash in small pieces. Cook in boiling water, broth or cocoanut milk. Season with salt, pepper, and a little lard. Boiled shrimps may be mixed in with the squash when it is cooked.

ONIONS.

FRIED.

Peel and slice the onions and put in a cawali with hot melted lard, a little salt and pepper. Cook until soft. Serve with the gravy they yield in cooking.

SALAD.

Peel the onions. Slice thinly, season with salt and pepper and vinegar.

EGGPLANT.

BOILED EGGPLANTS.

Wash the eggplants. Put them in a palayok, cover with boiling water and cook them until soft. Then put on a plate and cut into small pieces. Add salt, pepper and vinegar. Flavor with pork fat, if desired.

CUCUMBERS.

PLAIN BOILED.

Peel a large cucumber and cut it into small pieces. Cook in a palayok of boiling salted water until soft. Drain and season with pork fat and serve.

SALAD.

Peel the cucumber, cut into very thin slices. Put in a serving dish and add salt, pepper, and vinegar.

Cucumbers may be boiled with chicken.

BAMBOO SHOOTS.

SALAD OF BAMBOO SHOOTS.

Ingredients.—Shredded bamboo shoots, salt, pepper, and vinegar.

Method.—Wash the bamboo shoots and scald them with boiling water for a few minutes. Drain and serve with salt, pepper, and vinegar. Bamboo shoots may be cooked with chicken.

RADISHES.

SALAD.

Ingredients.—Radishes, onion, salt, pepper, and vinegar.

Method.—Peel and slice radishes and mix with sliced onion. Add salt, pepper and vinegar. This may be served on lettuce leaves, if preferred.

LETTUCE.

BOILED.

Wash the lettuce leaves. Cook in plenty of boiling water, to which salt has been added, for 15 minutes. Drain and cover with cold water for 1 or 2 minutes. Drain again, chop and heat with a little pork fat, salt and pepper.

SALAD.

Wash the lettuce leaves in several waters until they are clean and free from all insects. Arrange on a large plate and sprinkle with sugar, salt, pepper, and add vinegar. A sliced hard boiled egg may be added or chopped onion may be sprinkled over the leaves.

GREENS.

PECHAY, BEET GREENS OR MUSTARD GREENS.

Pick over carefuly (discarding wilted leaves) and wash thoroughly in many waters until they are free from sand. Cook in boiling salted water, allowing one-fourth as much water as greens, for 25 to 30 minutes. Drain, chop, reheat, season with a little lard or oil. If desired, slice or chop a hard boiled egg and serve on top.

SALAD OF CAMOTE, SQUASH, CANCONG LEAVES AND PATANI.

Ingredients.—Equal quantities of camote, squash and cancong leaves and patani.

Method.—Shell the patani, put them into boiling water, add salt and boil with the palayok uncovered until they are soft.

Pick over the leaves of camote, squash, and cancong and wash in several waters until they are clean. Cook in a very small amount of water. When cooked, strain in a basket and chop fine. Mix with the cooked patani beans. Add salt, pepper and vinegar. Garnish with a chopped hard boiled egg.

PANSIT.

Ingredients.—One-eight kilo of miki and $\frac{1}{8}$ kilo bihon, $\frac{1}{8}$ kilo pork, 25 shrimps, $\frac{3}{4}$ cupful water, 1 tablespoonful of finely cut kinchay, $\frac{1}{2}$ onion, 1 cake of toqua, 1 hard boiled egg, $\frac{1}{2}$ head of garlic, salt and pepper, 1 tablespoonful of patis, 6 calamansi.

Method.—First, fry the pork in a cawali, then add the toqua cut into small pieces. Peel the shrimps. Put the shells in a mortar and pound them. Strain the juice through a clean piece of sinamay and save it. Fry the shrimps. When they are cooked remove them and the toqua from the cawali. Fry the onion and garlic and remove from the cawali. Put the pork, shrimps and toqua in the cawali and add the patis. Let this mixture cook for a few minutes. Soak the bihon in water for 5 minutes and wash the miki. Then put the miki and bihon in the cawali with the pork mixture. Add the shrimp liquor. Cover and cook slowly for 10 minutes. Add kinchay and season and cook for five minutes longer. Serve with fried garlic and the slices of egg sprinkled on the top. Cut the calamansi in halves and serve with the pansit.

MISUA.

Ingredients.—1 bunch of misua, 1 tablespoonful of lard, ½ onion, 1 clove of garlic, ¼ patola, pepper, 2½ cups of boiling water, 3 centavos worth of shrimps.

Method.—Scald the shrimps in boiling water for about three minutes and remove the shells. Pound the shells in a clain mortar and strain the juice through a clean piece of sinamay. Wash and peel the patola and cut in into small pieces. Heat the lard in a cawali over the fire, and fry the garlic, the onion and the shrimps. Add the patola and fry for a few minutes, then add the liquor from the shrimps and the boiling water. Cover the cawali and cook the mixture for about five minutes. Then add the misua washed and broken in small pieces and pepper. Cook all together and serve hot.

FRUITS.

By far the most important fruits grown in this country from the standpoint of nutrition are the banana and the cocoanut.

Bananas are valuable for the carbohydrates which constitutes about 22 per cent of their volume. They also contain small amounts of protein and fat. The mature but unripe banana when dried and powdered yields an excellent flour which is especially adapted for use in making cakes and pastries.

Papayas are an important article of food also.

BANANAS.

SALAD.

Ingredients.—Two bananas, 1 orange, sugar.

Method.—Slice the bananas and mix with the orange cut into small pieces. Sprinkle with sugar.

BANANA AND PEANUT SALAD.

Ingredients.—Bananas, peanuts, sugar.

Method.—Slice the bananas. Chop the roasted peanuts and sprinkle them over the bananas. Serve with sugar.

FRIED BANANAS.

Ingredients.—Bananas, lard, and sugar.

Method.—Peel the bananas and slice lengthwise in two pieces. Fry in hot lard. Sprinkle with sugar.

FRUIT WHIP.

Ingredients.—Two to 4 tablespoonfuls fruit pulp (banana or apple, etc.), white of one egg, 2 tablespoons sugar.

Method.—Prepare the fruit pulp by grating, mashing or scraping. Beat the white of the egg on a plate until it is stiff. Add pulp and sugar to taste and beat until very stiff.

PAPAYA.

SALAD.

Ingredients.—Papaya, grated cocoanut, and lemon juice.

Method.—Peel the papaya and cut into small pieces. Sprinkle with grated cocoanut and lemon juice and serve.

The papaya can be mixed with sliced bananas, oranges, or chicos if desired.

Green papaya cooked with chicken or fish is a very favorite dish in this country.

GREEN PAPAYA SAUCE.

Peel and cut green papaya into small pieces, add a little water and cook until very soft. Remove from the fire and add sugar and the juice of one lemon. Beat until soft and smoth, then cool. This is good when eaten with bread, rice or meat.

PICKLE.

Ingredients.—One green papaya, 2 peppers, 2 ripe tomatoes, 1 onion, small piece of garlic and a small piece of ginger root, 1 cup of vinegar, 2 teaspoonfuls each of salt and sugar.

Method.—Chop the above ingredients and mixed them together. Boil with the vinegar for about 15 minutes, add salt and sugar, stir quickly, cover and let stand until cool.

COCOANUT.

The cocoanut has gained great favor abroad as a commercial product but, like the prophet, is without honor in its own country. Although it is used for food to certain extent its great nutritive value is not generally appreciated. Its principal asset is the high fat content which, according to the United States Bureaus of Agriculture averages 57.4 per cent of the dried nut. Carbohydrates constitute 31.5 and proteid 6.3 per cent of its bulk.

The cocoanut is admirably fitted to fill in the serious defect in the average Filipino diet caused by lack of fats. The fat may be used for cooking in the form of oil but perhaps the most desirable form is that of butter. This butter, when properly prepared, is very similar to ordinary cow's butter in food value, appearance and taste. It is distinguished by a faint, agreeable odor of cocoanuts. In certain parts of the world cocoanut butter forms an important article of diet.

Cocoanut meal, prepared from the pressed copra, makes a very god substitute for or addition to, ordinary wheat flour.

COCOANUT BUTTER.

Twenty ordinary-sized ripe cocoanuts will make about a kilo of butter. Remove the meat from the cocoanuts and chop into fine pieces. Add a sufficient amount of boiling water to cover generously. Place in a cool place and allow the fat to rise. After two or three hours skim off the fat placing it in an ordinary churn or ice-cream freezer, until sour. Then churn it at a temperature of 70° or below. Drain of the butter milk. Wash the butter several times with cold clean water. Salt it to taste. The white butter may be colored with annatto if desired.

BEVERAGES.

SALABAT.

Wash and peel a small piece of ginger. Mash it and put it into the desired amount of boiling water. Add sugar and let boil for about five minutes. This may be made strong or weak in flavor, as desired. Sweeten with sugar according to taste.

CHOCOLATE.

Grate or shave into small bits one small cake of chocolate. Mix this with a tablespoonful of sugar and dissolve the mixture in a little boiling water. Then add this to one cup of boiling water and boil for a few minutes. Milk or milk and water mixed may be used instead of water.

ANIMAL FOODS.

Animal foods are valuable for the proteid and fat which they furnish.

MILK.

Milk is almost universally recognized as the most perfect single food for the human race. It contains all the essential food constituents fairly well proportioned. A typical analysis of milk given by the United States Bureau of Agriculture is water 87, carbohydrates 5, fat 4, proteid 3.3 and ash 0.7 per cent. In addition to the substance listed above it contains vitamis which are necessary for the human economy. A quart of milk is equivalent in food value to 11 ounces of sirloin steak, 12 ounces of round steak, 8½ eggs, 10.7 ounces of fowl or one-half a loaf of bread. Milk furnishes a relatively large amount of animal food at comparatively low cost. Eaten together with cereals as rice or cornmeal it is an exceedingly valuable addition to the diet.

Great care should be exercised to insure the purity of milk. All milk of doubtful purity should be pasteurized. By this process milk is rendered more or less sterile by the destruction of active bacteria by heat. Various standards as to temperature and time have been adopted, but in general the milk is heated to 167° Fahrenheit for a period of 20 to 45 minutes, and then cooled rapidly to 45° Fahrenheit or lower. Most harmful bacteria are killed by this process. Spores are not killed and if the milk is not kept cold or is allowed to stand too long putrefactive organisms develop. These putrefactive changes are very undesirable so the care of pasteurized milk is just as important as that of fresh milk.

Pasteurization is a cheap and effective method of preventing the spread of ordinary infectious diseases. The degree of heat does not injure the flavor nor change the chemical composition of the milk. Pasteurization makes milk safer but it does not make bad milk good nor dirty milk clean.

MEATS.

Good beef should be firm, elastic and when first cut moist and of a purplish red color which changes to a bright red upon exposure to the air. The lean meat should be well mottled with fat. Lean beef, with very little fat, is tough and usually comes from a thin, underfed animal. If beef is very dark or greenish in tint it is stale and unfit for food.

The lean of pork should be firm, and of a pale pink color; the fat, hard and white. Pork is rather difficult to digest, because of the large amount of fat it contains. Therefore it should not be served to small children.

Meat should be removed from the paper in which is was wrapped as early as possible, placed in a covered dish and kept in a cool place.

Tough meat should be cooked in water; boiling water hardens the albumen on the outside and keeps in the juices. Meat should be put in boiling water and the water allowed to boil 5 or 10 minutes, then cooked over a slow fire until tender. If the water bubbles, it is to hot. All tough meat will become fairly tender if cooked in this way.

Meats may be roasted, boiled, broiled or fried. Roasting or boiling are the best methods of preparation and should be used whenever possible.

BEEF WITH PECHAY.

Ingredients. One-fourth kilo, beef, pechay, salt, and pepper.

Method.—Cut the beef into small pieces and put in a palayok in boiling water. Boil for 10 minutes then simmer until the meat is tender. Wash and sort over the pechay leaves. Cut them in small pieces and add to the beef. Add salt and pepper to taste and cook until the pechay is soft.

SARCIADO.

Ingredients.—Two large onions, 4 tomatoes, garlic, lard, beef, pork or fish.

Method.—Chop the onions fine and fry with the garlic in the lard until brown. Add the tomato, which has been peeled and cut into small pieces, and a green pepper which has been seeded and cut into strips. When cooked remove from the cawali. Fry the beef, lard or fish in the same fat. When it is done, spread with the onion and tomato mixture. Add a little boiling water. Cover the cawali and cook all slowly for about twenty minutes.

BEEF LUNG.

Ingredients.—Beef lung, lard, garlic, onion, tomato, green pepper, achuete seeds (for coloring).

Method.—Boil the beef lung in hot water and when cooked, chop it into small pieces. Melt the lard in the cawali, fry the onion and garlic, then the tomato and green pepper. Add the beef lung and a small amount of water. Color with achuete seeds. Liver and heart can be mixed with the lung if desired.

FRIED TRIPE.

Ingredients.—One-half kilo tripe, lard, garlic, 2 onions, 3 tomatoes, water.

Method.—Wash the tripe thoroughly, boil until tender, drain and cool. Cut it into strips and season with salt and pepper. Melt some lard in a cawali, fry the clove of garlic, the onions chopped finely and the tomatoes minced into small bits. Now fry the tripe in the cawali until brown. Add a half cupful of hot water and allow the mixture to simmer for about 15 minutes.

"ADOBO" LIVER.

Ingredients.—Liver, garlic, vinegar, salt, pepper, and other spieces to taste.

Method.—Put the liver in a cawali and cover with equal parts of vinegar and water. Add garlic and spices and cook until the liver is brown and tender. Add a little lard if desired.

BEEFSTEAK, FRIED.

Ingredients.—One-half kilo steak, salt and pepper, frying fat.

Method.—Heat the fat in a frying pan, put in the steak and fry quickly on one side, then turn and fry the other side. When the steak is brown, cook slowly, but do not burn the fat in the pan. Gravy may be made, by adding a little boiling water to the sediment in the frying pan, season with salt and pepper—boil and strain. Pour on the meat.

BEEFSTEAK, BROILED.

Ingredients.—One-half kilo steak, salt, and pepper.

Method.—Trim off the surplus fat and place the meet on a gridiron. Broil over a clear wood or charcoal fire until brown on both sides. When done, sprinkle with salt and pepper.

BEEFSTEAK WITH FRIED BANANAS.

Broil the steak and put on a platter. Surround the steak with bananas that have been cut into quarters lengthwise and fried.

CHOPPED BEEF BALLS.

Ingredients.—Chopped beef, salt, pepper, egg, and lard.

Method.—Mixed chopped beef, salt, pepper, and an egg. Form into balls. Fry in a cawali brown on both sides and serve.

SINIGANG (BEEF).

Ingredients.—Beef, guava, and salt.

Method.—Wash the beef well and cut it into small pieces. Put in a palayok and cover with boiling water. Boil for 10 minutes. Then simmer slowly. When the meat is half cooked, wash, peel and slice the guavas and add to the meat. Salt to taste.

BEEF TEA (FOR INVALIDS).

Ingredients.—One-half kilo beef, ½ liter cold water, ½ teaspoonful of salt.

Method.—Remove all fat, cut the meat finely and put it into the water in which the salt has been dissolved. Let stand for ½ hour, then heat slowly and cook until the liquid turns brown and the meat white. Strain, pound the meat thoroughly in a mortar, and strain. Stir the pounded beef into the beef tea, season to taste and serve.

GUINISA.

Guinisa may be of:

Pork and mongos.
Shrimp and amargoso.
Shrimp and mongos.
Chopped beef and upo.
Beef and garbanzos (adding the boiled garbanzos to the meat).
Chopped beef and patani.
Shrimp and squash.
Pork and eggplant.
Pork and seguidillas.

GUINISA OF SEGUIDILLAS.

Ingredients.—Seguidillas, pork, sliced onion, 1 small clove of garlic, 1 tomato, pepper and salt.

Method.—Wash and wipe the meat with a clean cloth. Cut it into small pieces and fry it in a cawali until it is a light brown. Fry the garlic and onion, then the chopped tomato and the seguidillas cut into small pieces. Add about 2 cups of boiling water, salt and pepper and boil all together until the vegetables are soft.

GUINISA OF BEEF AND PATOLA.

Ingredients.—One-fourth kilo of beef, 3 tablespoonfuls of lard, 3 onions, 3 tomatoes, patola, salt and pepper.

Method.—Cut the beef into small pieces. Peel the onion and tomatoes and mince them. Peel and cut the patola into inch pieces. Melt the lard in a cawali and fry the onion and tomato, then the meat. When meat is brown, add the upo, salt and pepper. Cover all with boiling water and cook until the vegetable is soft.

PINAKSIW OF PORK LEG.

Ingredients.—One leg of pork, vinegar, salt, pepper, small amount of oregano, 1 laurel leaf, and cinnamon.

(The amounts of seasoning and spices vary according to the different tastes).

Method.—Wash the pork leg well and wipe it dry. Cut the pork in small pieces, cutting toward the bone, but do not remove from the bone. Put it in boiling water and vinegar in a palayok with the spices and seasonings. Let it boil about ten minutes then allow to simmer gently until the meat is tender. Use three parts of vinegar to one of water.

POULTRY.

Poultry has for many centuries supplied a large proportion of the food of civilized man.

Chikens already occupy an important position in the dietary of the Filipino but their use should be extended as they furnish a cheap source of supply of those elements which are lacking in the diet of the average Filipino.

When a chicken becomes a year old, it is called fowl. There is a larger amount of meat in proportion to the bone in a fowl than in a chicken, hence the advantage of selecting a fowl to boil and serve cold. Chickens contain less nourishment than fowls.

CHICKEN WITH UPO.

Ingredients.—Chicken, upo, lard, pepper, and salt.

Method.—Clean the chicken and cut it into pieces. Sprinkle with salt and pepper and fry in deep lard. Peel, and cut the upo into small pieces. Boil in hot water until soft. Then add the upo to the chicken with the water in which it has cooked. Cook all together for 10 or 15 minutes. Onion may be added, if preferred.

STEW.

Cut a chicken into pieces. Put some lard in a cawali and add about 3 onions sliced. Fry until they are cooked but not brown. Put the chicken in the cawali, with a clove of garlic, and some finely chopped kinchay, a piece of mashed garlic and 4 tomatoes. Cover all with boiling water and simmer slowly about 1 hour, add salt and pepper and 2 cups of fresh corn cut from the cob or 2 cups of shelled green peas. Cook until the vegetables are soft and serve.

CHICKEN BROTH.

Ingredients.—One chicken, 2 liters cold water, 1 small onion, 1 tablespoonful rice, salt, and pepper.

Method.—Cut the chicken into small pieces, scald and skin the feet and gizzard and wash the neck and liver. Put the whole into a palayok, add water and ½ teaspoonful salt, bring to a boil and skim. Add the onion and cook slowly for three hours. Strain, return to the palayok, bring to a boil, add a little rice and simmer for 20 minutes. Season to taste and serve.

STEAMED FILLET OF CHICKEN (INVALID DISH).

Ingredients.—The breast or wings of 1 chicken, lard, pepper, and salt.

Method.—Remove the chicken carefully from the bone, sprinkle slightly with salt and pepper, and place in a well greased soup plate. Have ready a pot of boiling water, put the plate on top of it, cover with another plate, and cook very gently for an hour. Serve with its own gravy.

EGGS.

Perhaps no article of diet of animal origin is more commonly eaten in all countries or served in a greater variety of ways than eggs. Whether eaten raw, boiled, poached, fried, or scrambled; alone or in combination with other foods or as an ingredient of cakes, custards, creams, etc., they are invariably a valuable addition to the dietary because of the proteid and fat which they contain. At prevailing prices they are more economical as a source of protein and fats than are the meats. They are most easily digested raw or when simply cooked.

Eggs should be kept in a cool dry place. To determine their freshness the following tests may be used:

1. Hold the egg in front of a candle in a dark room; if fresh, the centre will appear clear.

2. Place eggs in a pan of cold water; if fresh, they will sink to the bottom; a stale egg rises in the water.

Eggs may be preserved for future use by packing in sawdust, small end down.

Egg should be washed before using.

The yolk of an egg may be kept from hardening by excluding the air; place yolks in a glass and cover with a saucer.

BOILED EGGS.

To boil eggs so that they will be just right, do not put them into the water until it boils. Soft boiled eggs require about 3 minutes and medium hard boiled eggs 4 minutes.

FRIED EGGS.

Ingredients.—Eggs and lard.

Method.—Heat the lard in cawali. Break the eggs into saucers and slip them gently in the hot lard. While they are frying, draw the whites gently over the yolk with a spoon. Baste with lard, remove from the pan and serve.

POACHED EGGS.

Ingredients.—Eggs, salt, 1 teaspoonful of vinegar, and water.

Method.—Boil some water in a cawali, add the vinegar and salt to taste. Break the egg into a saucer, taking care not to break the yolk and slip the egg into the boiling water. Allow it to simmer gently until the white is set. Take from cawali and serve on boiled rice.

EGGS SCRAMBLED.

Ingredients.—Four eggs, lard, 2 tablespoonfuls of water or cocoanut milk, salt and pepper, boiled rice.

Method.—Beat the eggs slightly, season with salt and pepper, add water or cocoanut milk and pour mixture into a cawali, in which the lard has been melted. Stir over the fire until the egg begins to harden, then pile on boiled rice and serve.

PLAIN OMELET (TORTA).

Ingredients.—Four eggs, 1 tablespoonful water, lard, salt and pepper.

Method.—Beat the eggs, add water and the seasoning.

Melt the lard in a cawali. Pour in the mixture, stir with a fork until the egg begins to set, then fold one side over the other.

Minced chicken, beef, pork, or fish may be folded inside of the omelet.

EGG SALAD.

Ingredients.—Six hard boiled eggs, lettuce, salt, pepper, and vinegar.

Method.—Cut the eggs crosswise into fairly thick slices. Wash and dry the lettuce leaves. Arrange them on a dish. Put on the slices of egg. Add pepper, salt, and vinegar.

EGG BROTH.

A very nutritious broth may be made with hot water and an egg. Heat 3 tablespoonfuls of water warm (not boiling) and mix slowly with a raw egg. Season with salt.

ANOTHER EGG BROTH.

Beat separately the white and the yolk of an egg. To the yolk add slowly one cup of hot broth, stirring continually. Season with salt and add the beaten white. Reheat carefully so as not to coagulate the albumen.

SOFT CUSTARD.

Ingredients.—Two cups of milk, 1 egg, salt, 1 tablespoonful sugar.

Method.—Heat the milk in a bowl or a large glass placed over the fire in a pot of hot water. Beat one egg yolk, add salt and 1 tablespoonful of sugar, and pour the heated milk on gradually. Then pour the mixture into the bowl and cook until it appears creamy, remove from the hot water, cool and add flavoring if desired.

ANOTHER CUSTARD.

Ingredients.—One egg, a pinch of salt; ½ cupful milk, and 1 tablespoonful sugar.

Method.—Beat the white of egg until very light; add sugar and salt and pour the milk on slowly. Flavor. Cook in a cup set in a pan of boiling water. When firm take from the fire and cool.

FISH.

Fish is classified with the proteid or body building foods.

When buying a fish, select one with firm flesh and bright eyes and gills, and free from an unpleasant odor. Stale fish is poisonous. It must be kept in a cool place until cooked.

Fish should be thoroughly cleansed both inside and out with salt water; the head, tail, fins and organs should be removed. Dry fish should be rubbed over with lard or oil before broiling.

When fish is properly cooked, the flesh will separate from the bones.

Cold cooked fish may be made into salad.

TO BOIL A FISH.

Scale and clean the fish and wash it inside and out, wrap in a cloth; drop it into well-salted boiling water. Boil only 4 or 5 minutes (for each pound or fish). Drain well and serve with lemon.

BROILED FISH.

Ingredients.—Fish, salt, pepper.

Method.—Clean the fish. Wipe with a cloth and dry. Season with salt and pepper. Fry the fish in lard in a cawali until it is brown on both sides. It is better to roll the fish in flour, corn meal or rice flour before frying as this adds to the nutriment and renders the fish more digestible.

FISH SINIGANG.

Ingredients.—Fish, lard, salt, pepper, guavas, sitao, and talong.

Method.—Wash, clean the fish and cut it into convenient pieces. Salt it and fry in hot lard. Cook sitao and egg-plant and a few guavas in boiling water until half soft. Then add to the fish in the cawali with the water in which they are cooked. Add salt. Cover cawali and cook all together until the vetables are soft.

Tamarinds may be used instead of guavas.

PINAKSIW.

Ingredients.—Fish, salt, vinegar, small piece of ginger.

Method.—Wash and clean the fish. Put it in the palayok, add salt and enough vinegar to cover. Wash and peel the ginger. Slice and add it to the fish. Cook all until fish is soft. Fish is done when it can be removed from the bone easily.

FISH SALAD.

Ingredients.—1 cupful cold boiled fish, lettuce leaves, salt, pepper, vinegar, $\frac{1}{2}$ onion, 2 sliced tomatoes, and 1 hard boiled egg.

Method.—Arrange lettuce leaves on a dish. In the center of the dish put the cold boiled fish shredded into small bits. Season with salt and pepper and pour the vinegar over it. Garnish with shredded onion, sliced tomato and slices of hard boiled egg.

SHELL FISH.

Clams, oysters, shrimps, and crabs must be perfectly fresh when used. They are poisonous when stale.

CLAMS.

CLAM CHOWDER.

Ingredients.—One liter of clams, 6 or 8 large potatoes, 2 onions cut into dice, a small piece of pork ($\frac{1}{8}$ kilo) cut into dice, 2 teaspoonfuls of salt and $\frac{1}{4}$ teaspoonful of pepper, 4 tomatoes.

Method.—Wash, drain, and chop the clams. Fry the pork and onions, until the onions are brown. Put in the potatoes and tomatoes, cover with cold water. Add salt and pepper and cook slowly for about $\frac{1}{2}$ hour. Put in clams and more seasoning if desired and cook slowly 10 or 15 minutes longer.

CLAM BROTH.

Scrub clams well and put into a saucepan with sufficient cold water to cover. Cook until the shells open, remove from the pan and take out clams. Chop and put them back into the broth. Cook 15 minutes. Strain through sinamay. If too strong, add hot water.

CRABS.

PLAIN COOKED CRABS.

Wash the crabs and put them in a palayok. Cover with boiling water. Add salt and cook until the shell becomes a deep red.

CRABS A LA CREOLE.

Ingredients.—1 tablespoonful of lard, a clove of garlic, 1 pepper, 1 small onion, 4 small tomatoes, salt and pepper, 1 cupful cooked crab meat.

Method.—Melt the lard in a cawali, add the garlic, the pepper, and the onion chopped fine, then cut up tomatoes, and salt and pepper to season. Cook for 10 minutes and add 1 cupful of cooked crab meat. Reheat and serve with boiled rice.

OYSTERS.

OYSTERS WITH ONION, VINEGAR, SALT, AND PEPPER.

Clean and scald the oysters. Drain and put them in a dish. Scald again and let them remain in the water for about 3 minutes. Drain and put on a plate. Mix with chopped onion, vinegar, salt, and pepper.

OYSTERS WITH GREEN PEPPERS.

Ingredients.—One table spoonful lard, 1 sweet pepper and a small onion, 2 cups of oyster with their juice, salt, and pepper.

Method.—Put the lard in a cawali and fry the pepper and a small chopped onion. Add the oysters with their juice, season with salt and pepper and cook for five minutes. Serve with boiled rice.

OYSTER SCRAMBLE.

Ingredients.—One cupful of chopped oysters, 6 eggs.

Method.—Pour boiling water over the oysters, drain in a fine basket and add 6 well-beaten eggs. Prepare as scrambled egg.

SHRIMPS.

BOILED SHRIMPS.

Clean the shrimps and wash them well. Put them in a cawali and cover with boiling water. Add salt and cook until the shells are red.

SHRIMPS A LA CREOLE.

Ingredients.—Two cupfuls of shelled shrimps, 1 heaping tablespoonful lard, ½ small onion, 1 clove of garlic, 3 tomatoes, salt, and pepper.

Method.—Put 2 cupfuls of shelled shrimp, the lard, the onion chopped finely and the garlic into a cawali. Heat thoroughly, add the chopped tomatoes, and the salt and pepper. Cook for 10 minutes.

SALAD.

Ingredients.—Cooked shrimps, finely cut lettuce, salt, pepper, and vinegar.

Method.—Mix cooked shrimps with the finely cut lettuce. Add salt, pepper and vinegar.

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